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WICKED 'WICH
LAYER IT UP WITH AVOCADO {page 31}

GLAM ROCKS
MILAN FASHION WEEK THUMBS ITS NOSE AT AUSTERITY {page 23}

OTTAWA metro®
Thursday, September 29, 2011
www.metronews.ca
News worth sharing.

Will he or won't he?

Paul Dewar expected to announce his bid for NDP leadership Seen by some party stalwarts as 'unifying alternative' to highly touted rivals Topp and Mulcair

Ottawa MP Paul Dewar appears poised to join the race for the NDP leadership.

Dewar sent an email to supporters yesterday urging them to join him for "an important announcement" on Sunday.

"Friends, I have news to share and I want you to be a part of it," he wrote.

Dewar, 48, has made no secret of the fact that he has been assembling a cross-country leadership team and weighing his chances. He was first elected to Parliament in 2006 and is the NDP's foreign-affairs critic.

Only party president Brian Topp and Quebec MP Romeo Saganash have formally announced their intention to succeed Jack Layton, who died of cancer last month. Thomas Mulcair has yet to declare his candidacy.

Dewar, however, is not fluently bilingual, which could prove a handicap in a party determined to build on its historic breakthrough in Quebec in May's election, when the NDP took 59 of Quebec's 75 seats. Dewar has called his French "a work in progress." THE CANADIAN PRESS

JOE LOFARO/METRO

▶ Paul Dewar and his family enter the Sala San Marco to cheers from his supporters on election night, May 2. The son of the late Ottawa mayor and New Democrat MP Marion Dewar has deep roots in the NDP.

Stork reality

Baby take a bow

Barrhaven mother plans to live-stream her next birth Wants to show what 'real birth' is like {page 4}

Ottawa's fab, says FIFA

City looking good to host Women's World Cup in 2015 {page 3}

Big banana foot in mouth

London man apologizes for tossing fruit at black hockey player {page 40}

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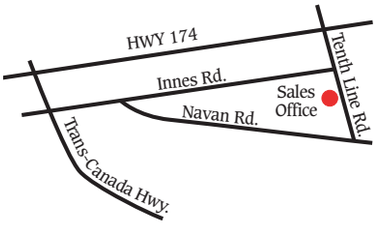

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Ottawa wows FIFA and CSA

6 or 7 Canadian cities will host 2015 Women's World Cup 4 cities to host 2014 U20 games: CSA official

JESSICA SMITH
@METRONEWS.CA

A tour of the capital city impressed officials with FIFA and the Canadian Soccer Association, who strongly suggested that Ottawa would be among the six or seven Canadian cities to host Women's World Cup games in 2015.

"FIFA World Cup is one of the biggest, if not the biggest women's sports events in the world," said Tatjana Haenni, FIFA's head of women's competitions yesterday. "Obviously, this is a major project for FIFA and we are very proud and happy to confirm that we are counting on very strong partners, including the City of Ottawa and the people in this city."

The games would be held at Lansdowne Park in a renovated Frank Clair Stadium.

"In this Convention Centre, with the view of the magnificent buildings outside, with the history and the culture, this has been really especially wonderful."
TTATJANA HAENNI, FIFA HEAD OF WOMEN'S COMPETITIONS

"I'm 100 per cent sure this will be fine for FIFA," said Haenni. "We trust our partners here in the country and we have been told that this will be finished by December 2013."

Asked if they are concerned by the legal challenges from the Friends of Lansdowne and Lansdowne Park Conservancy, the soccer officials said they trust what they heard from the City of Ottawa.

JESSICA SMITH/METRO

▶ General Secretary of the Canadian Soccer Association Peter Montopoli, right, speaks with FIFA's head of women's competitions Tatjana Haenni and Deputy Mayor Steve Desroches at the convention centre yesterday.

Metro readership hits 102,400

More Ottawa readers are turning to Metro for their daily news, according to results released yesterday by the Newspaper Audience Databank (NADbank).

Metro Ottawa now reaches 102,400 readers daily and 243,200 weekly in the Ottawa-Gatineau CMA, according to NADbank 2010/2011 results. When compared to results from NADbank 2009/2010, this represents an increase of 19,600 daily readers — 24 per cent. Weekly, Metro grew by 37,400 readers — 18 per cent.

"Metro Ottawa realized an increase of 24 per cent in daily readership, exceeding 100,000 readers for the first time," says Bill McDonald, President of Metro English Canada and Publisher of Metro Ottawa. "A focus on continuous improvement and innovation has been a critical part of our success. Increased coverage of news that matters to readers, especially local news, along with enhanced distribution strategies and creative marketing initiatives have all contributed to this amazing growth."

METRO

News in brief

Police raid possible gang properties: CBC

HELLS ANGELS. Ottawa police raided two homes in the city's east end yesterday believed to be owned by the Hells Angles gang, CBC reported.

The national broadcaster said dozens of police officers entered a home at 5416 8th Line Rd. in east Ottawa and a home at 1087 Millwood Ct. in Orleans.

The CBC's David Gerow reportedly saw a motorcycle with a Hells Angels sticker and another vehicle towed from the property.

Ottawa police would not confirm or deny the raids to Metro. **METRO**

1 news

The discovery in Alberta of the fossilized remains of two giant reptiles is helping to solve century-old evolutionary mysteries. Scan code for story.

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On the web at metronews.ca

A woman planning to live-stream a home birth explains her decision and invites you to watch. Video at metronews.ca

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Butterflies. In flight

▶ Tailed Jays are one of the species of butterfly that are part of the butterfly show at Carleton University.

JOE LOFARO/METRO

Show in living colour

More than 40 species of butterflies will be fluttering inside the greenhouses at Carleton University for the 12th edition of the Butterfly Show, which runs from Oct. 1 to 10 at the Nesbitt Technology building. Seven new species have been shipped from Africa, Asia, and parts of Latin America. Organizers suggest guests bring sliced oranges with them to get up close with some of the 1,300 butterflies.

ANIMAL RIGHTS

PETA eyes suit for elephant

Animal rights group People for the Ethical Treatment of Animals (PETA) asked the Supreme Court in Ottawa yesterday to hear its appeal of an Alberta Court of Appeal decision quashing their lawsuit over the treatment of an elephant at Edmonton's River Valley Zoo.

PETA says it should be allowed to sue on behalf of Lucy the elephant as it alleges the animal is in poor health and would be better cared for in a warm weather setting at an elephant sanctuary.

The Alberta Court of Appeal ruled that PETA and its co-applicants could not sue on behalf of the elephant.

The Supreme Court has not yet said whether it will hear the appeal.

SEAN MCKIBBON

Birth to be shown live on the Internet

- Barrhaven woman to give birth to third child at home on Oct. 5
- Mother wants to create more awareness of natural childbirth options

NEVIL HUNT/BARRHAVEN THIS WEEK

▶ Nancy Salgueiro and her two-year-old son, Taivus, sit on their living room floor where Taivus was born. The Barrhaven mom plans another home birth and will live-stream the experience onto the Internet so anyone interested can watch.

In what will likely be a first for Barrhaven — and possibly all of Ottawa — Nancy Salgueiro will share her childbirth experience with computer users sometime in the next few weeks.

The birth will be live streamed to the web.

Salgueiro's first two children — Leilani, 4, and Taivus, 2 — were born at home, and while their arrival was captured on video, her third child with husband Mike Carreira is expected to be viewed by a much larger audience.

Salgueiro said until recent generations, children saw their mothers, aunts and others go through childbirth right where the family lived.

"Birth has been taken out of the homes and made all secret and unknown," she said. "(Births) you've seen on TV, it doesn't have to be that way. It's not what a real birth is like. That's a disturbed, medicalized event."

Both her children have seen videos of their births, and Salgueiro says they haven't been scared. She and Carreira have been open about the process and she says the children accept what they've learned and observed.

"From teenagers up, they should see it (a natural childbirth)," she said. "There's a generation of women who have never been better prepared to give birth."

Salgueiro suggests all fertile women research birth options. Even women who have had a C-section should consider subsequent births at home with a midwife if they are physically able to do so, she said.

"Set yourself up for the best possible birth the first time," she said. "Get all the information and empower yourself."

NEVIL HUNT
BARRHAVEN THIS WEEK

How to watch

- The live stream will be available at yourbirthcoach.com. There's a link to register for an email alert notifying you when labour begins.

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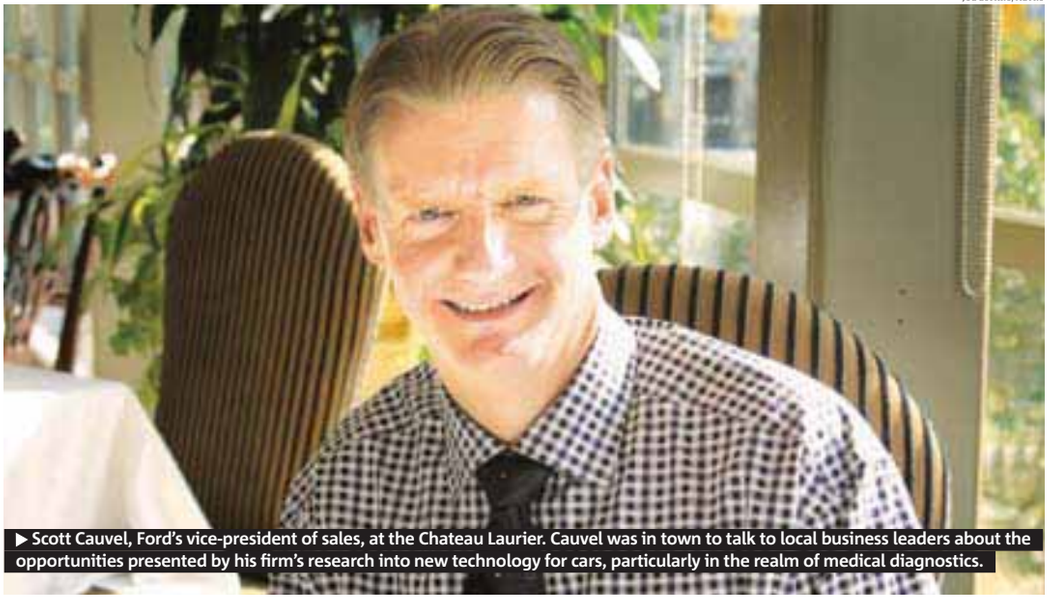
Grab coffee, check heart rate on commute

Ford pitches mobile health solutions in vehicles to the giant tech companies Devices would detect glucose levels and irregular heartbeat

JOE LOFARO/METRO



▶ Scott Cauvel, Ford's vice-president of sales, at the Chateau Laurier. Cauvel was in town to talk to local business leaders about the opportunities presented by his firm's research into new technology for cars, particularly in the realm of medical diagnostics.

JOE LOFARO
@METRONEWS.CA

Canadians are already used to driving cars that can park themselves, but soon some cars may tell you if your heart rate is too high or glucose levels are too low.

Ford Canada was in Ottawa yesterday to pitch these kinds of mobile health solutions to the region's tech companies. Scott Cauvel, Ford's vice-president of sales, said these technologies are needed since Canadians spend so much time in their cars.

"That's why people go through Tims and grab coffee — they have their morning coffee in their car," said Cauvel. "When you think about the 110 hours a year that a commuter spends ... it's a lot of time in your vehicle."

Ford is working on a glucose-level monitoring system for diabetics that connects with Medtronic devices via Bluetooth technology, as well as a drivers seat that detects irregularities in the user's heartbeat.

> **"If there's an irregularity in the heartbeat, it will send a signal into the system."**
> SCOTT CAUVEL, FORD VP OF SALES

"If there's an irregularity in that heartbeat, it will send a signal into the system to tell you that you should seek medical treatment," said Cauvel.

He believes the technology could prevent instances of drivers losing control in the event of a heart attack. Since everything is operated by voice commands, drivers won't be distracted, he said.

Several leaders from Ottawa's "silicon valley" attended the conference at Chateau Laurier, which was promising for Cauvel as he seeks partners.

Although he gave no timeline, he expects it to go mainstream in cars such as the Ford Fiesta and Focus.

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Ontario Greens protest debate snub

Party pushed for months for Schreiner's inclusion in the televised leaders debate

LIA GRAINGER
OTTAWA@METRONEWS.CA

While the NDP, PC and Liberal leaders went head-to-head Tuesday night, the Green Party of Ontario was hosting its own rally in protest of its exclusion from the only televised leaders debate in this provincial election.

About a hundred Green Party members gathered at the headquarters of the party's Trinity-Spadina riding in Toronto to hear what leader Mike Schreiner would have said had he been included in the evening's televised proceedings. The rally began at 6:30 p.m. to coincide with the start of the leaders' debate.

"The debate is happening down the street, and we need to shout to show them we're here and that the GPO will not be silenced," said Schreiner.

The party will run a full slate of 107 candidates in this election, and at least a dozen of them were on hand Tuesday evening, along with their volunteers and supporters. "I'm not impressed," said Anthony Navarro, a volunteer from Ajax-Pickering. "I was really hoping we'd have a voice, considering the number of votes we've gotten compared to other independents." Ultimately, the Ontario TV Debate Consortium, which includes CBC, CTV, Global TV, Sun TV News and TVO, decided Schreiner would not be included.

The debate was projected on a wall at the rally, and attendees were encouraged to tweet their displeasure at their party's absence.

Schreiner then took to the podium and laid out the policy initiatives he says he would have raised at the debate, including the creation of a carbon tax, freezing tuition rates, lowering energy costs by reducing energy usage, and controlling health-care costs by using preventative measures like improved access to healthy food.

And while Schreiner was all smiles as he spoke to his supporters, it wasn't the provincewide audience he had hoped to address. "The debate is the one event where the whole province engages with the leaders. In many campaigns it's one of the most important events, if not the most important event," said Schreiner.

"To deny 354,000 Ontarians a seat of the table, I think that's bad for democracy."

In the polls

- The latest numbers show the Green party with 5 per cent support, and an Ipsos Reid poll released Monday found that 76 per cent of Ontarians agreed Schreiner should have been allowed to participate despite the common practice of only including parties that have representation in the legislature.

CONTRIBUTED

▶ Ontario Green party Leader Mike Schreiner addresses supporters at a rally Tuesday night at the headquarters of the party's Trinity-Spadina riding in Toronto.

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ELSA/GETTY IMAGES

▶ A person watches a burning vehicle during riots that broke out in Vancouver on June 15 after the Vancouver Canucks lost Game 7 of the Stanley Cup final.

Charges coming in Vancouver riots

- About 40 riot charges expected by Halloween
- Police seize media photos and videos of rioters

Investigators in Vancouver plan to deliver charges by Halloween against 40 people for their roles in the June 15 Stanley Cup riot, police announced yesterday as they began serving warrants to local media to secure photos and video of the riot.

"This is an important step in the investigation," Vancouver Police Department Insp. Les Yeo said of the warrants, "to ensure all images are collected and rioters are held accountable."

"If you participated in the riot and thought you got away with it, you're mistaken."
VANCOUVER POLICE INSP. LES YEO

VPD investigators are in Indianapolis, working with forensic analysts from across North America and the U.K., poring over more than 1,600 hours of video evidence.

The investigators are expected to return to Vancouver in two weeks with hundreds more images of suspected rioters that will be added to the VPD's riot website.

METRO

Fight for life ends for 'Baby Joseph'

An Ontario boy whose family's struggle to keep him alive despite overwhelming odds spurred an international end-of-life debate has died about four months before his second birthday, a family spokesman said yesterday.

Joseph Maraachli, who became widely known as Baby Joseph, died at home Tuesday afternoon, according to Brother Paul O'Donnell of St. Paul, Minn., the family's spokesman and spiritual adviser. The boy was 20 months old.

Joseph suffered from the progressive neurological disease Leigh Syndrome. Earlier this year, doctors at London Health Sciences Centre in Ontario refused to perform a tracheotomy to extend his life, saying it was futile because the disease was terminal. An Ontario court decided doctors could remove the child's breathing tube.

His family sought help from American hospitals. Cardinal Glennon Children's Hospital in St. Louis agreed to treat Joseph, and he was brought to St. Louis in March. He spent one month at Cardinal Glennon.

CRAIG GLOVER/THE CANADIAN PRESS FILE

▶ Joseph Maraachli

Legal battle

Joseph's story drew international attention after doctors in Canada determined that he was in a permanent vegetative state and his condition was deteriorating.

- When those doctors decided to take him off of assisted breathing, Joseph's parents, who lost an 18-month-old child to the same disease eight years ago, challenged the hospital's finding in court but lost.

"All they were really asking for was to bring their son home, and let God decide when and if he should die, not the doctors," O'Donnell said.

THE CANADIAN PRESS

Mother of slain girl charged

The mother of slain Woodstock girl Tori Stafford is among those charged after a drug bust in the southwestern Ontario city.

Tara McDonald, 32, James Goris, 34, and Brandon Annis, 38, were arrested at a Woodstock home yesterday. Police say crack cocaine, marijuana, cash and alleged stolen property were seized.

THE CANADIAN PRESS

MP protests funding for Planned Parenthood

Saskatoon Tory MP Brad Trost is publicly condemning the Harper government's decision to donate to the International Planned Parenthood Federation. In an interview with a Catholic publication, he calls the funding decision a slap in the face for social conservatives. **THE CANADIAN PRESS**

Soldier charged over child porn

A member of the military at CFB Trenton, Ont., has been charged with one count of possession of child pornography.

The charge against Cpl. Mario Desrochers, of 1 Canadian Air Division, was laid by the Canadian Forces National Investigation Service under the National Defence Act. A court martial hearing will be held Oct. 31 in Trenton.

THE CANADIAN PRESS

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1 *The Economic Impacts of the Wind Energy Sector in Ontario 2011 – 2018*, by ClearSky Advisors http://www.canwea.ca/wind-energy/talkingaboutwind_e.php
2 *Behind the Switch: Pricing Ontario Electricity Options*, by the Pembina Institute http://www.pembina.org/media-release/2237

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Cyber-calamity just a click away

Canucks exposing themselves to unecessary risks

There are enemies lurking in your computer and they can harm you.

That was the message yesterday from a prominent Canadian think tank.

Canadians don't know enough about the technology they rely on every day and may be exposing themselves to unnecessary cyber risks, said the Conference Board of Canada.

Think viruses, hackers or scam artists.

That knowledge gap needs to be closed in order to protect individuals, organizations and governments from cybercrime, the board said.

John Neily, the board's director of national security and public safety, said people often use email, social media and other Internet-based applications without taking time to consider the dangers.

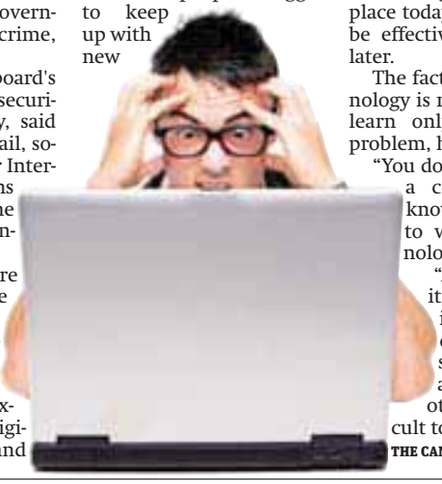
"The risks that are involved in using the digital technologies, we're actually somewhat ignorant of those," Neily said.

"They actually exacerbate our own digital vulnerability, and we can accidentally ... endanger the security of others."

People still engage in risky online behaviour, such as downloading suspicious attachments from dubious emails, Neily said.

Those simple clicks could spread destructive software throughout a technology infrastructure and cause untold accidental harm, he added.

The rapid pace of technological evolution also poses a problem, Neily added, as people struggle to keep up with new programs on the market. The safeguards put in place today may no longer be effective a few weeks later.



The fact that most technology is relatively easy to learn only adds to the problem, he said.

"You don't need to have a certain level of knowledge in order to work with technology," he said.

"Anyone can use it. As a result, that in and of itself can allow a person to get into areas that are otherwise difficult to manage."

THE CANADIAN PRESS

Humans a threat

- The human element cannot be underestimated, Neily said.
- Some of the most aggressive threats are delivered through less than modern channels such as a con artist tricking a victim into providing a password over the phone or a thief rifling through the garbage to obtain information.

Quebec. River may hold a secret

▶ Police search a riverbank near Montreal yesterday for the body of Julie Surprenant, who went missing 12 years ago.

RYAN REMIORZ/THE CANADIAN PRESS

Was Julie's body dumped here?

A cold case is suddenly hot again. Quebec police say they have dramatic new information in a 12-year-old missing persons case. Julie Surprenant was 16 when she disappeared in 1999. But a nurse at a Laval hospital has told a reporter that a man dying of cancer confessed five years ago to her murder. The convicted sex offender said he dumped her body in a river.

Condoms sabotaged

A Nova Scotia judge has convicted a man of sexual assault for having intercourse with his girlfriend after he poked holes in her condoms.

Justice Richard Coughlan of the Supreme Court of Nova Scotia yesterday found Craig Jaret Hutchinson, 41, of Clyde River not guilty of aggravated sexual assault but guilty of the lesser offence.

The woman from Halifax became pregnant and had an abortion.

Coughlan said Hutchinson aimed to have a baby with the woman, who cannot be identified under a publication ban.

Sentencing is Dec. 2.

THE CANADIAN PRESS

He apologizes

- The woman testified she was unable to take birth control pills for medical reasons, so the couple relied on condoms.
- The judge read a text message from Hutchinson in which he apologizes for poking the holes in the condoms and says, "I wanted a baby with you so."

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Top. Engineers

▶ A team of engineers, harnessed to ropes, inspect the exterior of the Washington Monument.

EVAN VUCCI/THE ASSOCIATED PRESS

Monumental inspection

The Washington Monument was damaged in an earthquake last month.

Blond genes: now on sale

- **Danish sperm bank offers discount on blond, redhead donors**
- **It's an issue of supply and demand, not racism, says company**

CHRISTIAN KLOSTER
NEWS@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

A sperm bank in Denmark has announced it is no longer accepting donations from blond- and red-haired men. The Cryos international sperm bank in Aarhus said their 'Nordic' specimens — including 140,000 doses from redheads — are being sold on a discount due to a lack of demand.

"We have too much sperm from men with Scandinavian features, and relatively few customers request it, so we're attempting to sell it at a lower price — a sale, if you will," Ole Schou, director of Cryos, told Metro.

Sperm from dark-haired, brown-eyed men sells at the normal price, Schou added. "We sell out very quickly, and we haven't yet managed to recruit enough dark-haired, brown-eyed donors. Currently, we turn away all donor candidates with blond, dark-blond and red hair as well as blue, grey and green eyes. Instead, we're looking for those with dark hair and brown eyes," he said.

He points out that the sperm bank does not discriminate against any race or ethnicity; he simply wants to deliver the type of sperm the customers ask for.

"We need to get better at recruiting donors of other ethnicities right here in Denmark," Schou said.

The surplus inventory of sperm from blond men is the result of being headquartered in Aarhus where male students from the nearby university earn money by donating sperm.

A great number of Cryos' customers live in Spain, Italy and Greece, where they are not looking for a blond, blue-eyed addition to the family.

Cryos sells sperm to childless couples in more than 65 countries around the world. To meet the demand of the market, Cryos has opened branches in New York and in Mumbai, India.

Redheads rejected

Cryos representatives say they have received an angry backlash after refusing to accept donors with red hair.

"We have received a number of complaints from red-heads from all over the world. Some are very angry, even aggressive. They accuse us of racism," tells Schou.

Schou is surprised at the backlash, and he apologizes to those who feel offended by Cryos's actions.

"I can assure you we don't discriminate against anyone. We have nothing against redheads. We're simply trying to meet the demands of our customers," he explains.

These days, Cryos representatives spend a great deal of time turning away angry redheaded donor candidates because they say it is a waste of resources, as it simply does not sell.

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Yemen's political upheaval escalates

Country rocked by daily mass protests demanding Yemeni president's resignation Warplane shooting latest violent act

Tribesmen shot down a Yemeni government warplane that was bombing their positions north of the capital Sanaa yesterday, military officials said.

Tribesmen overran a military base belonging to Yemen's elite Republican Guards earlier this week in the area where the aircraft was shot down.

The capture of the base followed weeks of intermittent fighting between the tribesmen and government forces. The tribesmen are believed to have seized a large number of weapons from the base, including anti-aircraft guns.

Yemen has been rocked by protests demanding the ouster of longtime president Ali Abdullah Saleh, plunging the impoverished nation into deep political crisis.

Armed tribesmen and defecting military units who are supporting the protesters have joined the fray, turning the upheaval into an armed confrontation that is looking increasingly like a civil war.

The confrontation escalated just before Saleh returned to Yemen last week after he spent months in Saudi Arabia recovering from injuries sustained in a June attack on his presidential compound.

Saleh has repeatedly rejected a U.S.-backed regional initiative that calls for him to step down and hand over power to his vice-president to ease the crisis.

THE ASSOCIATED PRESS

UN steps in

The UN Security Council supports the regional plan and urged all sides to reject violence.

- **Saleh has not made any** indication that he will support the regional plan and violence has picked up.
- **The Security Council** met with Yemen's vice-president in light of the president's isolation.

▶ Yemeni protesters chant slogans during a demonstration demanding the resignation of President Ali Armed tribesmen have shot down a government warplane that was bombing their positions north of S

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HANI MOHAMMED/THE ASSOCIATED PRESS

Abdullah Saleh in Sanaa yesterday.
anaa.

Israel shrugs off housing criticism

The Israeli government yesterday rejected international criticism of its decision to build 1,100 new Jewish housing units in east Jerusalem, claiming the plans do not hinder peace efforts with the Palestinians.

The Palestinians demanded that Israel halt all settlement construction in east Jerusalem, which they claim as their future capital, for resuming peace talks.

The U.S., European Union and United Nations all swiftly expressed their disappointment over the settlements, which raised already heightened tensions.

THE ASSOCIATED PRESS

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Butt-tone claims end in charges

Reebok will pay $25 million US to customers to settle charges by the Federal Trade Commission that it made deceptive claims in ads that its toning shoes would strengthen the legs and buttocks of wearers.

The company is barred from making any claims of toning effects of the shoes unless it is backed by scientific evidence.

THE ASSOCIATED PRESS

Samsung teams with Microsoft

Microsoft and Samsung Electronics have agreed to cross-license portfolios.

Microsoft will get royalties for the mobile phones and tablets Samsung sells that run Google Inc.'s Android operating system.

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Tabloid spying not new: Report

AP FILE PHOTO

▶ Morgan

No one suspected the secretary.

Efficient and well-liked, Sue Harris was at the heart of the Sunday People, the smallest of Britain's weekly tabloids. She booked flights, reserved accommodation, and tallied expenses for the paper's dozen or so full-time reporters. These journalists implicitly trusted the 40-something south Londoner.

Maybe they shouldn't have.

In 1995 Harris was dismissed over an allegation she'd been feeding her paper's juiciest scoops to the Piers Morgan-edited News of the World for a weekly payoff.

Harris' alleged spying on behalf of the News of the World wasn't unique, an AP investigation has found.

Interviews with three more former journalists and published accounts suggest that Rupert Murdoch's flagship Sunday tabloid engaged in a pattern of payoffs aimed at rival newspaper employees.

THE ASSOCIATED PRESS

MARK LENNIHAN/THE ASSOCIATED PRESS

▶ Jeff Bezos, chairman and CEO of Amazon.com, introduces the Kindle Fire yesterday in New York. The e-reader and tablet has a seven-inch multicolour touchscreen. Behind him is a projected display of magazines that will be available on the Fire.

Amazon tablet set to compete against Apple

◐ iPad is rated as the top-selling tablet on the market

Amazon CEO Jeff Bezos yesterday showed off the Kindle Fire, a $199 tablet computer, challenging Apple's iPad by extending its Kindle brand into the world of full-colour, multipurpose devices.

Bezos also took the opportunity at a New York press event to introduce a new line of Kindle e-readers with black-and-white screens and lower prices, further pressuring competitors like Barnes & Noble Inc. that are trying to break Amazon.com Inc.'s dominance in electronic book sales.

The Kindle Fire will go on sale Nov. 15. It's about half the size of the iPad, making it a close match with Barnes & Noble's Nook Color tablet, which came out last year.

Amazon gave no indication on when it might be available to Canadians.

"Today, Kindle Touch, Kindle Touch 3G and Kindle Fire are available only in the U.S.," a spokeswoman said in an email.

While Barnes & Noble sees the Nook Color as jazzed-up e-reader, Amazon sees the Fire as a platform for games and movies.

Though competing with Apple won't be easy. Apple sold 28.7 million from April 2010 to June 2011 and is expected to account for three out of four tablet sales this year. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 235.22 (11,585.87)	- 1.16 ¢ (96.84¢ US)

Oil	Natural gas 1,000 cu ft
- 3.24¢ US ($81.21 US)	$3.833 (- 4¢)

Gold contracts $1,618.10 (- $34.40)

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Greece budget 'exhausted'

Greeks outraged by new government austerity measures designed to access bailout loans Union workers lashed out with a 24-hour public transport strike

Greece's deputy prime minister yesterday said he will be unable to pay a new emergency tax without selling property, and argued the country's ability to pay additional taxes to cover budget gaps has been "exhausted."

Theodoros Pangalos made the remarks a day after parliament approved a new emergency property tax, to be added to electricity bills later this year, as eurozone member Greece remains under strong international pressure to abide by its painful deficit-cutting targets.

Pangalos, a 73-year-old Sorbonne-trained economist, is listed as owner or part owner of eight properties and farmland in greater Athens and several other parts of Greece.

"The property I own was purely obtained through inheritance. Personally, I have never bought anything.... I will be obliged to sell some of these properties. There is nothing else I can do," Pangalos said.

In Athens, another public transport strike occured yesterday.

Customs and tax-office workers were also on strike, while about 350 pensioners demonstrated outside the Finance Ministry against the latest pension cuts and tax increases.

Greece says it will run out of money by the end of next month unless it receives the next bailout loan instalment, worth $10.9 billion, from other eurozone countries and the International Monetary Fund.

THE ASSOCIATED PRESS

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

▶ Pensioners chant slogans during a protest in Greece yesterday. Another public transport strike has left commuters struggling to make their way to work as unions lash out against government measures.

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NOW THAT'S USING YOUR HEAD

HE SAYS ...

JOHN MAZEROLLE
METRO

I don't know whether it's good that most of the buzz heading into the new NHL season is that the league is actually punishing players when they attempt to decapitate each other.

I'm glad the league is enforcing its rulebook, but it feels like applauding your neighbourhood restaurant because they've finally dealt with the rat hair.

Yes, the league — after decades of downplaying violence as "part of the game" — is now cracking down if players are reckless with an opponent's braincase.

Such is the NHL that this is considered a breakthrough.

In case you don't eat/breathe/sweat/secrete/expectorate hockey like me, here's the deal. For years, NHL discipline worked like this:

• One player attacks another, possibly with a chainsaw (this is a fanciful example and only happened a couple of times).

• The league notes that there is no mention of a chainsaw in the rulebook, so its hands are tied.

• The players say hockey is a fast game and the attacker probably just meant to use the chainsaw as a bludgeon.

• During the next game, the chainsaw wielder and an "enforcer" on the other team have a fistfight. This makes everything OK.

This system worked for a while, but what do you think the league did when great players such as Pat LaFontaine and Eric Lindros had their careers cut short?

If you said, "Nothing!" then you have a bright future as a National Hockey League commissioner.

"No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in."

No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in.

So the league hired a new disciplinarian (former player Brendan Shanahan) to replace the old one (a macaque with a Magic 8-Ball). Shanahan swiftly handed out a huge eight-game suspension — your salary for a year, basically — because of a simple hit from behind. It used to be that an eight-game suspension probably involved an autopsy, at minimum.

The league's website even has a slick "Suspensions" section, tucked in between the highlights and the pro shop. This is either heartening or depressing.

The league — which was slow to enforce hooking and holding penalties, to shrink goaltender's equipment, to ban head shots — usually makes the right decision eventually — but almost always one moment too late.

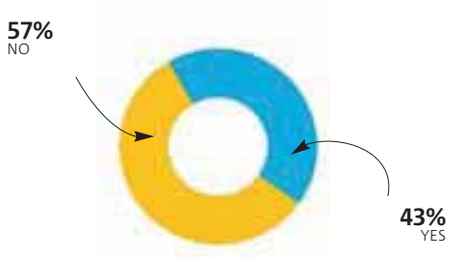
A little anticipation would be nice. Or as Gretzky might put it, the league needs to learn to go where the screw-ups are going to be, not where they've been.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should obese women be denied fertility treatment?



Local tweets

@Scotian Kitty: I'm cool wit canadian politics BUT I got an issue when the suits in ottawa mandate longer sentences for pot growers then child molesters WTF

@TheSocialCMO: RT @MovemberOttawa: Hey #ottawa: It's registration time! Head over to the new site and open an account http://bit.ly/qOSJqz #movember

@monicaraidua: Adventures with new bus routes cont- nearly killed myself running to meet 86 - sorry, this is 86B, you want 86C... #wtf #Ottawa! 1 bus now 2

@map_maker: hey Virgin Mobile Canada, are you breaking in downtown Ottawa or is my iPhone? #couldbeeitherreally

@Jessy_bizarre: Ottawa seriously, what's with these random blackouts?

@613SportsChick: @Daltons_Hands So what's your fallback if you're not elected? Modelling? Sign language interpreter? The L in Glee ads? Shadow puppeteer?

Letters

Millions of children were back to school a month ago. But not in many countries in sub-Saharan Africa, Asia or the Middle East.

Around the world, almost 70 million elementary-school-aged children — especially girls — don't go to school at all. Millions more receive a poor-quality education and will not be able to read, write or count.

Investing in basic education is one of the best ways to fight poverty. In the last decade, the number of out-of-school primary-school-aged children has decreased from 102 million to 67 million, with support from mechanisms like Education for All – Fast Track Initiative (FTI).

As more countries recognize the importance of basic education, there has been an unprecedented demand for education resources globally.

Canada is among the rich countries contributing to the FTI, but is still not contributing its fair share. Thus, it is time for Canada to commit to a total of $125 million over three years. (Currently Canada's contribution to the FTI is $60 million over five years.)

BRUNO MARQUIS, GATINEAU QUE.

Not-so-mini. Jump

▶ Current England long-jump champion and London 2012 hopeful J.J. Jegede attempts an exhibition jump over three limited-edition 2012 MINIs yesterday in London in this image that has been made from a sequence of frames.

JULIAN FINNEY/GETTY IMAGES FOR BMW

Photo of the day

This world-first stunt took place to celebrate the launch of the MINI London 2012 edition models, of which only 2,012 will be produced.

WEIRD NEWS

Fans mourn celebrity opossum death

SEBASTIAN WILLNOW/DAPD/THE ASSOCIATED PRESS FILE

▶ Heidi

Facebook friends and fans across the Twittersphere are mourning the loss of Heidi — the cross-eyed German opossum whose cute but confused countenance warmed hearts around the world.

The Leipzig zoo said yesterday that the marsupial had been listless and unable to move for several weeks. A decision was made to put the three-and-a-half-year-old animal to sleep following repeated attempts to treat her arthritis.

Within minutes of the announcement, Heidi was trending on Twitter and thousands of fans were leaving an outpouring of condolences on her Facebook page.

"How sad," wrote Rene Schaaf, from Heidi's home city of Leipzig. "This lovable creature enriched our daily lives, showing us that 'imperfect' can also be interesting and even beautiful." **THE ASSOCIATED PRESS**

metro

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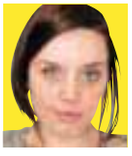
Add a little culture to life

Get involved in the Culture Day activities in Ottawa **Events taking place across the world**

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



This weekend, be a tourist in your own town and check out some of the hundreds of activities being offered during the 2nd annual Culture Days — three days of events celebrating local arts and culture.

Culture Days originated in Montreal 15 years ago. Recently, the rest of the country launched simultaneous celebrations in hundreds of different communities.

"It's been two years since Canada joined Quebec to do this real coast-to-coast-to-coast celebration of the arts," explains National Arts Centre Associate Producer Xavier Forget.

He says the main goal is to expose people to the arts and, more specifically, the artists in their own cities.

Culture Days is happening in over 700 cities and towns across the country.

"From Newfoundland to B.C., every community is joining in," boasts Forget.

He says Culture Days is a good way to bring people together.

"It's to show how important it is in our communities. It's important, all this culture, in our daily lives," Forget explains. "That's what makes us unique, that's what makes our city different. It's all the people practicing their crafts or their arts."

CONTRIBUTED

▶ All of the activities on Culture Days are free and involved.

Throughout the weekend, professional and amateur artists will be featured at various studios, workshops and libraries around Ottawa. Culture Days offers a wide variety of art forms to explore and discover including dance, photography, glass blowing, acting, jewellery making and a lot more.

All of the activities are free and a lot are hands-on, inviting you to take part in a behind-the-scenes discovery of the artists, creators, historians, architects, curators, and designers actively working in our community.

When you visit the National Arts Centre for Culture Days activities this weekend, expect to learn a lot about how the historic local site operates.

"We'll show them around, show them how we work, where we work and what it is we're doing. No reservations required," Forget says.

"You can come in and visit backstage and walk on Southam Hall Stage."

You'll also learn about choreography and lighting, among other things. There is also acting workshops for kids, improve games, special exhibits, music workshops and live band karaoke.

For a complete list of Culture Days activities happening around Ottawa this weekend, check out culturedays.ca.

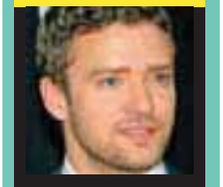
Events

What else is going on this weekend?

- **When** Saturday from 8:30 a.m. to 4 p.m.
- **Where** Ottawa Flying Club (20 Lindbergh Pr.)
- **What** See Ottawa like you've never seen it before at the 53rd Annual Fly Day, all while raising money for the Ottawa Rotary Home. For just $35, you get a 20-minute sightseeing flight over the City of Ottawa. And, with all the Fall colours, it should be pretty beautiful.

2 scene

Timberlake



The Environmental Media Association says Justin Timberlake will receive its Futures Award, which represents future environmental leaders in entertainment. He has tried to reduce his carbon footprint on his massive tours.

THE ASSOCIATED PRESS

Bang your head: Juno Awards to add metal/hard music category

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There's a new teacher in town

In upcoming X-Men relaunch, Wolverine set to teach Marvel's mutants

In finding a new teacher to replace the X-Men's venerated Professor X, writer Jason Aaron has found a not so suitable substitute that's bound to have readers of Marvel Comics' upcoming Wolverine & the X-Men series doing a double take.

Or even a triple take, given that the new headmaster has three razor-sharp claws that "snikkt!" from both his hands at the mere hint of danger.

Wolverine is heading up the Jean Grey School for Higher Learning that will not only educate young mutants, but hone their powers, too. He's being helped by Kitty Pryde, Iceman and Beast, among others.

"We're getting to see Wolverine in a position we've never seen him in before," Aaron said, noting that Wolverine has always been one more prone to violence and fisticuffs first than asking questions.

"Wolverine is leading the show. Not Wolverine with Professor X looking over his shoulder."
WRITER JASON AARON

"We're certainly a little bit uncomfortable, but I think it still makes sense with the way things have been going in the X-universe."

And what's been going on has not been pretty after Wolverine saw his tenuous partnership and shaky friendship with longtime X-Men leader Cyclops shattered in the recent five-issue X-Men: Schism that Aaron wrote.

The two have had bad blood between them for decades. The fact that they both loved Jean Grey, the original Marvel Girl who went on to become the omnipotent Phoenix, only added to that simmering resentment and mistrust, which boiled over this summer.

The rift created in that story was so profound that Marvel halted The Uncanny X-Men with issue 544, opting to replace it with Wolverine & The X-Men next month along with Uncanny X-Men in November.

Nick Lowe, who edited the previous series and Marvel's current X-Men titles, said the logic of dividing the teams will become apparent as both series get under way.

"Wolverine certainly has unorthodox ideas," said Lowe. "The name of the school, for one. He's the one who named it and I can't imagine Cyclops will be happy when he learns."

And Wolverine? Well let's just say that while Charles Xavier makes an appearance in the first issue, his calm demeanour is not the foundation for how Wolverine will operate.

"I hadn't planned on Professor X showing up," Aaron said.

"But once I started working on the issue, I felt that he had to show up. I had to have a passing of the torch."

That's evident in the look of the first few pages, which pays homage to the first issue of The X-Men that came out in 1963, but Xavier's school is history and Wolverine's school is more advanced, populated by a cast of familiar and new mutants.

THE ASSOCIATED PRESS

Eden Sher: Shining in The Middle

MATT SAYLES/THE ASSOCIATED PRESS

Something is wrong at the annual block party: Turnout is lighter than usual; hot dogs have no buns and there are no cups for the drinks. Worse yet, one family's house was foreclosed and they were forced to move out in the middle of the night, missing the party they had always attended.

"Are you serious?" Frankie Heck asks a neighbour in the fictional town of Orson, Ind., "because I only thought they were just visiting family."

"They are now," replies the neighbour.

On a recent overcast day at the Warner Bros. ranch, the real-estate crisis has crept its way from big coastal cities and into The Middle, the ABC series that kicks off the network's Wednesday comedy block that includes the Emmy-winning Modern Family.

The Middle portrays a modern family, too. And while hilarity also ensues, The Hecks don't live in Los Angeles-area mansions. This family is in a financial mess. Last week's season premiere of The Middle marked the show's second largest overall audience to date, despite stiff competition from FOX's new The X Factor and CBS's reliable Survivor. More than 9 million viewers tuned in to see the misadventures of car-saleswoman mom Frankie (Patricia Heaton), quarry manager dad Mike (Neil Flynn) and their three children: angry young Axl (Charlie McDermott), book-obsessed Brick (Atticus Shaffer) and the bumbling, stumbling middle child, Sue, portrayed by 19-year-old Eden Sher.

"I've always said to Eden that she's the first one on the show that's going to win an Emmy," Heaton said earlier this summer at another awards show. "I think she's so brave. You know, she gets out there. She lets them mess her up and look goofy and has to fall flat on her face, week in and week out — wearing those braces and straight hair."

Sue Heck has so many embarrassing moments, they're certain to haunt her well into the retirement home. And yet she remains a cockeyed optimist. And even with a stellar ensemble cast, Sher can't help but steal virtually every scene.

THE ASSOCIATED PRESS

Toronto isn't so bad: Jim Cuddy

Blue Rodeo frontman salutes home city on third solo album, Skyscraper Soul **Thinks city is misunderstood**

On the title track of his new solo album, Skyscraper Soul, Jim Cuddy croons about a city that "can bring you down" but one which he cannot leave because underneath it, "there's a heart beating."

The amiable Blue Rodeo frontman says the reflective tune is largely an ode to his hometown of Toronto, which he thinks is sometimes misunderstood.

"It sort of came about because ... first of all, I think I've taken umbrage in the last year (at how) so many people slag Toronto," the singer-songwriter said in a recent interview.

"For years and years and years it never bothered me and I never even thought about it. I don't know why in the last year I've gotten kind of prickly about it," the jeans-clad country-rocker mused while sitting on a

FRANK GUNN/THE CANADIAN PRESS

▶ Jim Cuddy

couch at Blue Rodeo's Woodshed Studio, where the group's many Juno Awards are on display atop an armoire.

"I think that Toronto represents the beauty of many cities around the world — that its beauty isn't always apparent upon first viewing. You come to Toronto and you may feel like it's a cold, concrete place and after you're here awhile ... you realize that there's an incredible amount of energy in this city and that it's a very easy place to do creative things because there are so many people to bump into, to bounce ideas off of."

Cuddy said the track is also a nod to his early struggles in New York, where he and fellow Blue Rodeo singer-songwriter Greg Keelor lived in the early 1980s.

The two tried to make it as musicians there, supplementing their paltry income by serving tables, but gave up after three years.

"We realized at the end that it's a bad place to put together a band," said Cuddy, 55, noting musicians would suddenly drop out of the group because they were broke and had to move.

"It was just such a difficult place to keep life and limb together. We could never have done Blue Rodeo down there. It was coming back to Toronto, getting a little bit off the incredibly beaten track in New York, that helped us to have the time and the wherewithal to put together a decent band and play a lot."

The urban nature of Cuddy's third solo album, out this week, is also felt in its sound, which has a lot more trumpet than what Cuddy normally works with.

"It changed the songs so that they became a little less rural, a little less country," said Cuddy.

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Jess pregnant?

Simpson, Eric Johnson calling pre-wedding surprise 'best wedding gift ever' according to source

PHOTOS: GETTY IMAGES

▶ Jessica Simpson

Jessica Simpson is reportedly pregnant, but she's not letting that change her November wedding plans, according to In Touch.

"Jessica might have to take out her dress a bit," but the wedding is still on, a source says, adding that Simpson and fiancé Eric Johnson consider the impending arrival "the best wedding gift ever." And, the source adds, the pregnancy is already having an effect on the singer. "She's already having kooky cravings," the friend says. Among those cravings? Nacho chips dipped in chocolate. METRO

Jen, Justin steam up set

Jennifer Aniston is apparently so happy with boyfriend Justin Theroux that she's been bringing him to work — at least she did on the set of her directorial debut, a section of Five, a series of shorts about breast cancer, where co-director Penelope Spheeris says the pair were "lovey-dovey," according to Hollyscoop. METRO

▶ Jennifer Aniston

Talking points

Paltrow turns 39

Gwyneth Paltrow celebrated her 39th birthday in style, going out for dinner at a new Spanish restaurant in New York's West Village with her husband of eight years, Chris Martin, as well as pals Jay-Z and Beyoncé, according to Getty. METRO

Beckham sons scent consultants

When it came to testing his new fragrance line, David Beckham didn't stray too far from home, soliciting the opinions of sons Brooklyn, 12, Romeo, 8, and Cruz, 6.

"Anytime I get a fragrance, I give all of my sons a tester," Beckham tells Us Weekly. METRO

Celebrity tweets

"LOL so some girl comes up to me n goes "you look like one of those girls from the jersey shows, but you look better." Uhm thanks? Lmao
@Sn0Oki

@THEGaryBusey
"Jay Way B Cap standing in a Flutterby meadow high above the ocean soaking up the sun is honey in the air."

"Things are always a little different when you come home from the road. Ex: my parents dog now sits like a rabbit."
@taylorswift13

"I want to occupy Wall Street. But only to protest how bad Wall St 2 was."
@rainnwilson

▶ Ashton Kutcher

Ashton a cheater?

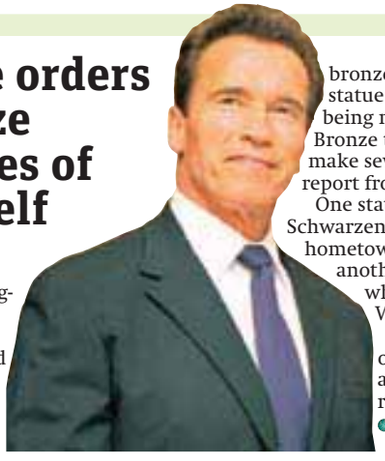
Ashton Kutcher may be in hot water over allegations of infidelity, according to Radar Online.

Last weekend, the Two and a Half Men star reportedly spent the night with a 23-year-old woman he met at a San Diego nightclub, and the woman is now in hiding and talking to a lawyer.

"She is freaking out," a source says.

Last weekend also happened to be Kutcher's sixth anniversary with Demi Moore, but sources tell Star magazine there likely won't be a seventh. "Ashton and Demi have separated and the marriage is over," a source tells the magazine. "The relationship ended because of Ashton's serial cheating. It's a painful time for Demi." METRO

Arnie orders bronze statues of himself



Arnold Schwarzenegger was apparently so impressed with a larger-than-life, $100,000 bronze statue of his younger self being made by Oregon-based TW Bronze that he decided they should make seven of them, according to a report from Hollyscoop.

One statue will be sent to a Schwarzenegger museum in his hometown of Thal, Austria, while another will go to Columbus, Ohio, where an annual Arnold Fitness Week is held.

Schwarzenegger is keeping one for himself to be displayed at his home, according to the report. METRO

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Bring on the bling

Despite Italy's flailing economy, Milan Fashion Week oozed luxury and decadence, from Gucci's gold-embroidered dresses to Cavalli's blingtastic minis Here's a rundown of the top designers

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

DRIPPING WITH GOLD: GUCCI

Gucci kicked off the week with a collection that oozed luxury and was almost entirely dedicated to decadent evening dressing. Frida Giannini's clothes (which she called Hard Deco) were dipped, embroidered and accented with gold. It appeared everywhere — as buttons lining an ankle slit on trousers, bands of hardware around drop-waist dresses, the embroidery on a jacket and as the tip on a pointy-toed stiletto, to name just a few.

GETTY IMAGES

SEXY GARDEN PRINTS: DOLCE & GABBANA

The garden-inspired prints were broken up with pretty lace coats and dresses embroidered with floral appliqués, bejeweled playsuits and cocktail dresses embellished to the hilt in tassels and rhinestones. It was a sexier follow-up to last season's starry dresses that appeared all over the red carpet and on countless September issue covers. Bottom line: Expect celebrities (including Scarlett Johansson who sat front row) to be covered in fruit and veg next spring.

GETTY IMAGES

FUN AND FLAMBOYANT: DSQUARED2

Dan and Dean Caten's runway shows are always camp, flamboyant productions that add fun and humour to Milan Fashion Week. But yesterday's show was a classic case of staging trumping the clothes. They created an impressive Glastonbury-like set that looked great until the models, dressed in sexy, clingy bodysuits and dresses, began to slip and fall on the muddy runway. But they scored high marks for realism.

GETTY IMAGES

NOT A TREND IN SIGHT: GIORGIO ARMANI

This collection didn't have a single trend in sight (unless you count his very subtle printed blouses and jackets) and that made it all the more appealing. His fluid, silk trousers, dresses, suits and jackets came in cool shades of gray, blue and taupe, and had a timelessness to them that will attract women who value style but couldn't care less about being "in fashion."

GETTY IMAGES

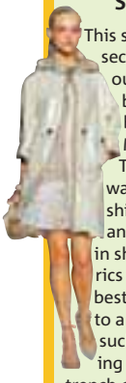
BLINGTASTIC: ROBERTO CAVALLI

Milan Fashion Week started off with a gold moment (Gucci's.) So it only makes sense that it ended with one too. In a collection that was like a middle finger to Italy's flailing economy, Roberto Cavalli opened his show with brazenly flamboyant, blingtastic mini-dresses, skirts, blazers and sinuous gowns covered in the kind of embellished gold regalia that could blind someone.

3 life

In brief

THE BEST COATS: Sportmax



This season, the secondary line outshone its big sister label, Max Mara, literally. The collection was filled with shiny metallics and raver prints in shimmery fabrics that worked best when kept to a minimum, such as the lining on a series of trench coats.

KENYA HUNT

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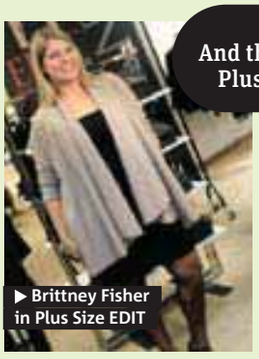
Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
And the beautiful @BrittneyFisher in Plus Size EDIT @thehudsonsbayco



▶ Brittney Fisher in Plus Size EDIT

- **@Nathalie-Roze & Co.:** Kudos for creating an accessibly priced & current-looking fab-size line!
- **@JasmineAmellie:** gorgeous girl!!

- **@Jeanne_Beker:** @theMarilynShow we talked about fact that 40 percent of women today are breadwinners. But how does that make our guys feel?
- **@DFConsultants:** More men are quite content to let their wives make the money. Insecure men are not attractive.
- **@Jeanne Beker:** Agreed. But I still think the man has to feel his contributions are just as important/essential to the partnership.
- **@DFConsultants:** I agree, but that goes for both men and women. They both want to feel like they are contributing, so it goes both ways.
- **@Jeanne Beker:** I suppose. Though I have met some women who really don't mind being totally taken care of. Some men too, I suppose...

Tweak your lifestyle; improve your health

THE KIT

BY ERINN STERINGA

Little tweaks to your lifestyle can make a big impact on your health.

MAKE SLEEP A PRIORITY

"We always resolve to exercise more or to eat better, but we never focus on sleep," says Dr. Reut Gruber, a clinical psychologist and researcher at McGill University.

He says lack of sleep has been associated with heart disease, diabetes, cancer, depression, anxiety and obesity.

Try the tweaks:

• Make your bedroom a sanctuary. TVs, BlackBerrys, home offices and noisy pets all make Gruber's no-no list.

"If it's not related to sleep or sex, get it out of the bedroom."

• Watch out for sleep saboteurs! Alcohol, caffeine and exercise too close to bedtime can affect your z's.

TURN DOWN THE MUSIC

According to experts at the University of Colorado, you can safely listen to your iPod for about 4.5 hours a day at 70 per cent volume without suffering any hearing loss. But certain situations — like cranking the volume at the gym — can crank up the risks.

Try the tweaks:

• Instead of ear buds, invest in headphones that seal out background noise so you don't have to drown it out.

• Try taking the volume down a few notches.

SPEAK UP AT THE DOCTOR'S

Studies show that when patients and doctors communicate well, patients recover faster and enjoy better overall health.

"Start by talking to your doctor about all aspects of your problem," says Dr. Moira Stewart, director of the Centre for Studies in Family Medicine at the University of Western Ontario.

Try the tweaks:

• Ask questions so you fully understand your role in the treatment plan.

• Know what the next steps are before you leave the doctor's office.

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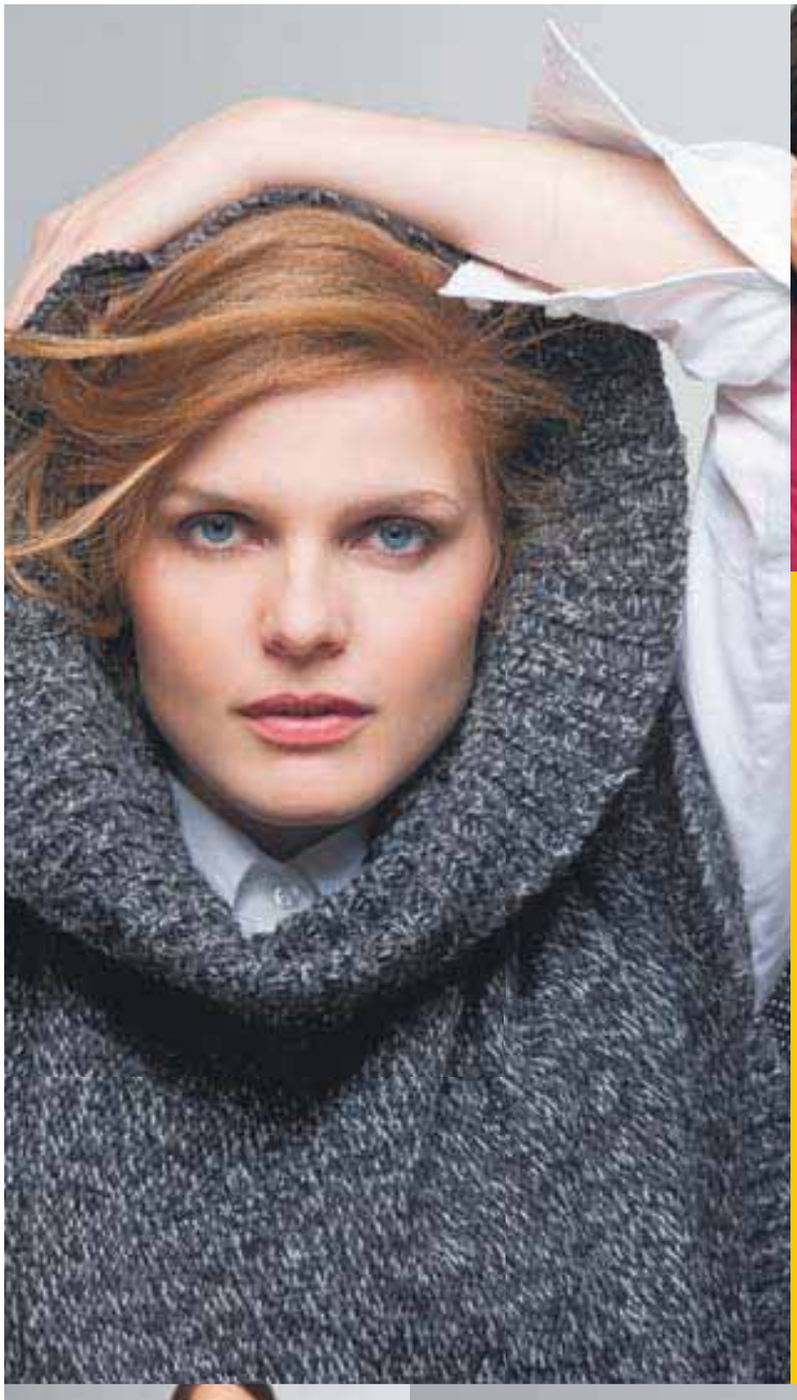

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Chilly decorating mistakes

How to make your place seasonally stylish and cosy for fall and winter

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Changing up the look of your place with each change of season is a great way to follow trends without spending a lot of money — a few tabletop vases, some pillows, candles and throws can change a room's feel for the cold weather months.

Buying good decor basics, like a neutral sofa, proper sized dining table and some unique artwork, can help accessorize seasonally without breaking the bank. Here's a few common mistakes people make when attempting fall and winter decorating.

Trying to hide your television: Families watch the TV more in the winter. It is a necessity when it comes to entertainment for most homes.

If your TV hangs above a fireplace mantle, make sure to attach it to a swivel bracket so it can slant down into the room for easier viewing.

If choosing a console, go for a useful yet decorative one that looks like a piece of matching furniture in your room.

Displaying family portraits: Unless you have famous or royal family members I suggest enjoying your framed faces in a more private setting like a bedroom (although do you really want them all looking at you?). Put portraits in hallways, the office or the den.

Plastering furniture along the perimeter of a room: "What? are you having a town hall dance in the living room?"

Bringing the sofa in from the walls a few inches and arranging furniture in more intimate groupings will create more personal seating arrangements and actually make a narrow or small room feel larger.

Rule of thumb: no seating arrangement should separate people more than 14 feet apart from one another.

The row of three uptight candles: You know those candles — the ones that must be displayed in a perfect row, spaced exactly four inches apart from one another.

What you are left with is three bright flames gathered to draw your eyes to one side of a room.

Separate and scatter candles to create an even glow around the room.

Use flameless LED candles to add ambience on bookshelves, window sills and picture ledges.

POTTERY BARN

▶ The right accessories can create a cosy fall retreat.

CONTRIBUTED

▶ A modern fabric and paint colour can help to modernize an outdated antique.

Floating a tiny rug in the middle of a large room: Rugs are meant to tie furnishings together, not to sit lonely in the centre of the room to be admired.

If the front legs of the sofa and chairs are not sitting on the rug in your living or family room, then the rug is too small for that area.

In the dining room, the rug should be a minimum 18 inches larger on each side of the table.

Displaying family heirlooms that do not reflect your style: How many times have you made excuses for unmatched hand-me-downs?

You may as well be saying "Don't mind that old wooden coffin in the corner — that's just Grandma!"

If you have a piece of furniture that doesn't follow suit with your decor scheme, then have it refinished to a wood stain colour or upholstery fabric that helps it blend in.

If it is artwork that looks outdated then consider having it re-framed with a more up to date frame for a fresh look.

If that doesn't work there is bound to be some jealous relative that wants it more than you ever did, so pass it along.

Hanging artwork too high: You know when someone has hung their artwork too high — the paintings look like they are creeping up the walls away from the sofa, your head is angled toward the ceiling and when you sit in a room you stare at the bottom of the picture frame. The rule of thumb is that your artwork is hung about 10 to 12 inches from the top of the sofa, credenza or desk.

Shine a l'il light

Cosying up with a chenille throw and a good book gets you nowhere if the lighting is poor.

- **Overhead lighting** can often be too bright or undirected, while an occasional lamp may not give enough light for reading.
- **Invest** in a good swing-arm, floor-standing reading light to stand beside your favourite chair or bedside.

WEST ELM

▶ A swing-arm floor lamp is the perfect light source for reading.

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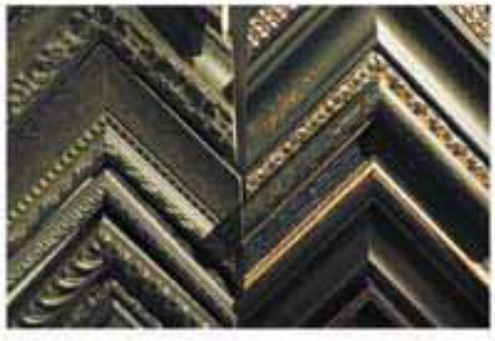

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Add a pouf of fun to the living room

Poufs or hassocks are perfect for squishy footrests

Shelter magazines, catalogues, stores — everywhere we look this season, there's some sort of pouf.

While ottomans tend to be more structured, with a solid form and usually some legs, poufs or hassocks are actually just big upholstered cushions, and aren't usually used as tables the way ottomans often are.

With a versatile, portable accessory like this, you can afford to play a little. Look for unusual designs, colourful hues and interesting shapes; poufs add a nice punch to a space for not a lot of money, unless you choose something by a designer.

If you want the genuine Moroccan-made article, check out Tazi Designs and Living Morocco. Tazi has an array of colourful leather poufs with a Moorish motif.

A black leather one features white silk stitching; a bronze leather one is equally dramatic. Living Morocco has several striking models in black and red, or green and white.

From Morocco With Love has several affordable versions in supple rainbow hues; check out their website for an interesting film showing Fez artisans at work.

Spanish designer Patricia Urquiola has created a beautiful, albeit pricey collection of sprawl-worthy giant poufs covered in her popular Mangas pattern; the word means "sweater," and with their nubby knitted wool texture, the pieces do look cosy.

Janet Shea, an interior designer in Hanover, Mass., likes the versatility and user-friendliness of poufs. She likes them in a living room, but loves putting them in kids' spaces. "I've used them in a couple of preteen girls' rooms I've worked on. They're great for lounging, watching TV and playing video games," Shea said.

Poufs are great if you have toddlers — they're cruising-friendly, and fun to flop over. John Derian offers Moroccan poufs in bright hues such as turquoise, sunshine and violet. Homegoods offers a big comfy marshmallow pouf that's covered in soft candy pink loops — perfect for a girl's room.

THE ASSOCIATED PRESS

Personalized pouf

If you're at all crafty, try sewing your own pouf.

- **Better Homes & Gardens'** website offers step-by-step instructions with material costs of about $50.
- **Materials:** They used burlap to make the example, which gives the pouf a great textured look.
- **Easy fun:** It's not a complex project, so you could have some fun with a few metres of interesting material.
- **Caveat:** Just be sure to use something fairly hard-wearing if your poufs are going to be played with.

TAZI DESIGNS, INC/THE ASSOCIATED PRESS

▶ Bronze leather pouf from Tazi Designs, Inc.

TREES AREN'T JUST FOR YARDS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA
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Dear Charles the Butler,

Why are shoe trees such a big deal? Why do I even need them and why spend the money?

I've never had shoe trees and my shoes look just fine without them.
Signed,
Shoe Man

Dear Shoe Man,

I can tell you all you need to know in six simple points.

1. A good pair of shoe trees are made out of wood, traditionally cedar.

2. Shoe trees hold your shoes in shape so that when you do wear them they actually retain their shape and fit better along with looking better.

3. Cedar shoe trees absorb moisture from your shoes, which is a good thing as this helps reduce odour and keeps the leather in better condition.

4. Keep shoe trees in your shoes at all times when not using them.

5. Good shoe trees come in different sizes.

Make sure you buy the correct size that corresponds to your feet size.

6. Shoe trees will last longer than the shoes.

Remember, you don't have to buy a new pair of shoe trees with every pair of shoes.

Simply transfer them to your new shoes once you discard the old pair.

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ISTOCK

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CANDLE CONUNDRUM

Burning candles may seem like a frivolous way to burn holes in your pockets. However, some of you wouldn't leave home without a perfume, so why should your home be left to smell offensively odorous? Here's two selections for any situation, from a dinner party to a tabletop talking point.

RICHARD PECKETT

IKEA FENOMEN BLOCK CANDLE

$3, ikea.com

- Scented candles and supper do not make happy 'table' fellows. Try this block candle instead.

MUJI MOROCCAN ROSE CANDLE

$18, muji.com

- The best buy. It's neither saccharine nor bland but offers a subtle aroma of rose from the Maghreb.

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Don't let perennials go to pot

Potted perennials can survive winter but need some TLC before the cold

DIY IDEAS

Perennials and containers make a great gardening combination, but they will quickly go to pot if overlooked in the winter.

Plant roots are vulnerable to freezing in containers, where the soil hardens more than it would in the ground.

Stems and branches — particularly those on small trees and shrubs — need protection from the deep chill as well as from snow and icy buildups.

Containers should be cared for to prevent splintering and crumbling.

"The most important thing you can do when overwintering container plants is ensure that they're vigorous and established," said Leonard Perry, an extension horticulturist with the University of Vermont.

"Young plants that you just pop into a pot and haven't rooted yet may not do so well," Perry said. "The healthier they are going in, the better their chances."

Perennials should survive long periods of extreme cold if given pre-season care. That includes:

Feeding
Slow-release fertilizers applied before the first killing frosts arrive boost plant hardiness. Feeding should end once the plants go dormant. "With good fertility, you don't have as many overwintering problems," Perry said.

Watering
Soils must be moist when the perennials are stored to help protect the roots.

Pruning
Trim and dispose of all foliage after the plants go completely dormant.

That keeps slugs and other insects from laying eggs in the residue, according to a Simple Sensible Solutions brochure from Walters Gardens Inc. at Zeeland, Mich., North America's largest grower of wholesale perennials.

Trenching
Bury pots — plants and all — for improved insulation. Add a layer of mulch.

Unearth and return them to their usual sites the following spring.

Covering
Anything from evergreen boughs to blankets, straw to shredded bark can be used to safeguard pots and their contents.

Securing a piece of bubble wrap or burlap around the pots also helps. Be quick to remove them once the weather warms.

Storing indoors
Move potted plants into an unheated garage, basement, greenhouse, cold frame or similar site that matches their hardiness zone. Make sure it's a place where the temperature stays above freezing.

And don't forget rodent control. Mice like to cosy up to container plants in cold weather, especially those that include grasses.

THE ASSOCIATED PRESS

DEAN FOSDICK/THE ASSOCIATED PRESS

▶ Elevate containers so they can drain and don't freeze to the ground.

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Weekly Cookbook

In her book 400 Best Sandwich Recipes: From Classics & Burgers to Wraps & Condiments (Robert Rose, 2011), Alison Lewis sets out to prove that a sandwich is no longer reserved for mid-day noshing.

Aside from recipes, Lewis includes a section on the need to choose great breads and the hunt for quality meats, seafood, cheese, vegetables and fruits to create the best sandwiches.

A sandwich for all to love

This well-balanced cheese and avocado sandwich is a nutritional family choice Kids will love the fact that it's grilled, while adults will enjoy the mix of toppings and healthy bread

This avocado, tomato and cheese sandwich is a nutritious and well-balanced lunch or light supper option for the youngsters in the family.

Grown-ups will undoubtedly fancy it as well.

Ingredients:

- 4 slices cheddar cheese
- 8 slices whole-wheat or whole-grain bread
- 1 ripe fresh avocado, peeled, seeded and sliced
- 1 medium tomato, sliced
- 4 slices red onion
- Chili sauce, to taste
- 4 slices Monterey Jack cheese
- Olive oil cooking spray

Preparation:

1. Place four bread slices on a work surface. On each, place a slice of cheddar cheese, a layer of avocado, tomato and onion slices. Add chili sauce over each sandwhich to taste. Top it with Monterey Jack cheese and finish the sandwiches with the remaining bread slices.
2. Heat a large sized skillet over medium heat. Spray the skillet with olive oil cooking spray. Place the sandwiches in the skillet and cook them until the bread is browned. Turn and cook until cheese has melted. Serve hot.

THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION

THE CANADIAN PRESS H/O

This recipe makes four sandwiches.

Taking a sandwich from good to great has a lot to do with its toppings These easy spreads will do the trick

Hummus-Style Spread Preparation:

1. In a food processor or blender, place all ingredients and mix well.

Spinach-Style Dip Preparation:

1. In a food processor or blender, place all ingredients and mix well.

Red Pepper Spread Preparation:

1. In a food processor or blender, place all ingredients and mix well.

Dill & Veggie Spread Preparation:

1. In a food processor or blender, place all ingredients and mix well.

THE CANADIAN PRESS

THE CANADIAN PRESS H/O

Shopping List

Hummus-Style Spread
- 500 ml (2 cups) canned chickpeas, drained and rinsed
- 250 ml (1 cup) Balkan-style yogurt
- 125 ml (1/2 cup) low-fat mayonnaise-type dressing
- 30 ml (2 tbsp) tahini
- 2 cloves garlic
- Lemon juice, to taste
- 15 ml (1 tbsp) olive oil

Spinach-Style Spread
- 375 ml (1 1/2 cups) fresh spinach, steamed and drained
- 125 ml (1/2 cup) minced green pepper
- 30 ml (2 tbsp) chopped jalapeno pepper (optional)
- 250 ml (1 cup) low-fat mayonnaise-type dressing
- 75 ml (1/3 cup) grated Parmesan cheese
- 125 ml (1/2 cup) coarsely grated Monterey Jack cheese
- Cracked pepper, to taste
- 30 ml (2 tbsp) low-sodium soy sauce

Red Pepper Spread
- 250 ml (1 cup) mayo
- 125 ml (1/2 cup) tomato
- 250 ml (1 cup) roasted red peppers
- 30 ml (2 tbsp) basil
- 125 ml (1/2 cup) sour cream

Dill & Veggie Spread
- 250 ml (1 cup) mayo
- 150 ml (2/3 cup) sour cream
- 15 ml (1 tbsp) dried onion
- 30 ml (2 tbsp) cucumber
- 15 ml (1 tbsp) each chopped parsley, chives, dill

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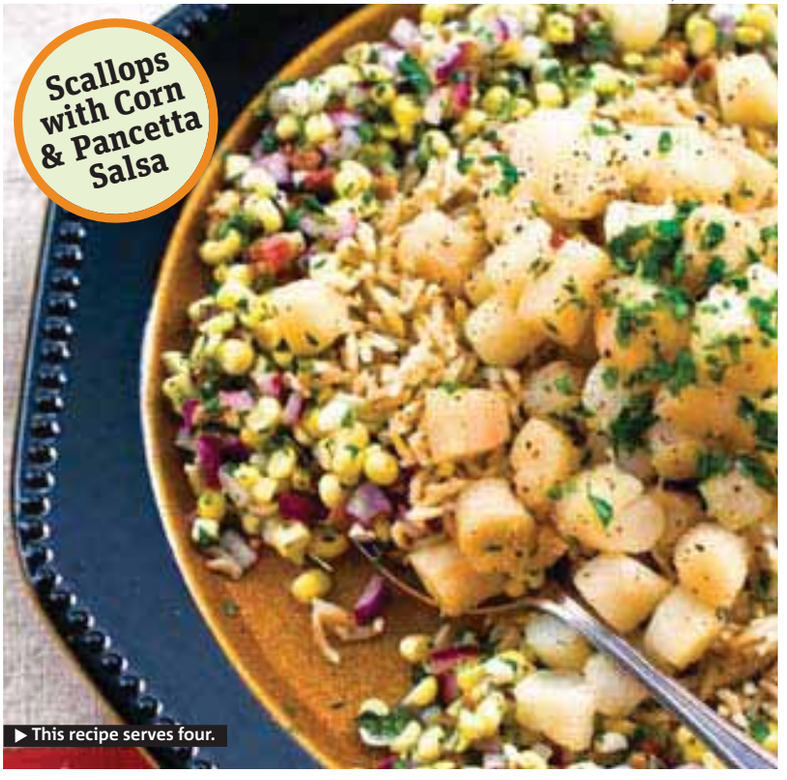
Catches of the day

Simple corn and pancetta salsa transforms sautéed bay scallops
Grapefruit and Crab Salad uses Thai techniques to create side dish

BOTH PHOTOS: MATTHEW MEAD/ THE ASSOCIATED PRESS



This recipe serves four.

This simple and incredibly fast dinner is for those nights when you want something amazing but don't have the time or energy to be amazing in the kitchen.

In this recipe, the ingredients do all the work for you. Juicy bay scallops need nothing more than a quick trip in a very hot pan. Dressing them up calls for little more than browning some pancetta (buy the already chopped variety), then mixing in some fresh corn, onions and seasonings.

That's it. It's delicious, refreshing and beautiful enough to serve to company.

And feel free to play with the salsa ingredients. Peeled and diced cucumbers, pineapple, even chopped fresh strawberries would be great. And yes, the corn is used raw. It's delicious that way.

Serve this over rice or buttered toast as an open-face sandwich.

Ingredients:

- 60 g (2 oz) chopped pancetta
- 1 small red onion, diced
- 7 ml (1/2 tbsp) jarred jalapeno slices, minced
- Juice of 1 lemon
- 50 ml (1/4 cup) chopped fresh cilantro
- 3 ears fresh corn, husks removed
- Salt and ground black pepper, to taste
- 1 kg (2 lb) bay scallops, patted dry

Preparation:

1. In skillet over medium-high, sauté pancetta until lightly browned, 6 to 8 minutes. Use a slotted spoon to transfer pancetta to a medium bowl. Stir in onion, jalapeno, lemon juice and cilantro. Remove corn kernels from cobs. To do this, stand each ear on its wide end, then saw down the length of the cob with a serrated knife.
2. Add corn kernels to salsa. Season with salt and pepper, then set aside.
3. Return skillet with pancetta drippings to medium-high heat. When pan is hot, add scallops and sauté for 3 to 4 minutes or until cooked through. Season scallops with salt and pepper, then serve with some of the corn salsa spooned over them.

THE ASSOCIATED PRESS

Grapefruit and Crab Salad

Todd English prefers a no-rules approach to salad making.

"That's what makes salads so great, their versatility and there are no rules so you get to be totally creative to make them into whatever you want!" English said.

He offers a recipe for Grapefruit and Crab Salad from his book, Cooking in Everyday English.

"The few ingredients I've used shine together. I thought about balance, such as the coolness of the crab with the acidity and tartness of the grapefruit, and the use of the coconut milk," he said.

Ingredients:

- 80 ml (1/3 cup) fresh lime juice (about 2 limes)
- 60 ml (1/4 cup) coconut water or coconut milk
- 60 ml (1/4 cup) canola oil
- 20 ml (4 tsp) fish sauce
- 2 ml (1/2 tsp) minced dried Thai chilies (about 3 chilies)
- 450 g (1 pound) drained jumbo lump crabmeat, picked over to remove any shells
- 125 ml (1/2 cup) chopped fresh cilantro
- 3 red grapefruit, sectioned

Preparation:

1. In a medium bowl, whisk together the lime juice, coconut water or milk, canola oil, fish sauce and chilies.
2. In a large bowl, combine the crabmeat, cilantro and dressing, tossing well. Add the grapefruit sections, then toss gently.

THE ASSOCIATED PRESS/ TODD ENGLISH'S COOKING IN EVERYDAY ENGLISH (OXMOOR HOUSE, 2011)

Juicy twist on burgers

These juicy beef burgers are packed with portobello mushrooms and melted Gruyère cheese. The mushrooms add so much flavour and moisture that you can use lean or extra-lean beef without sacrificing a thing.

Serve on a soft ciabatta bun or between slices of toasted sourdough bread, brushed with olive oil.

Preparation:

1. To make aioli, combine garlic and mayonnaise in a bowl. Set aside until ready to serve.
2. Roughly chop portobello mushrooms and onion and place in the bowl of a food processor. Pulse several times until minced.
3. In a large bowl, combine mushroom mixture with ground beef. Add Worcestershire sauce, cheese and a dash of salt and pepper. Stir well to combine and form into 8 burgers.
4. Cook burgers in preheated pan or grill over medium-high heat, for about 10 minutes (depending on thickness of burgers), flipping once. When burgers are cooked, they should have an internal temperature of 71 C (160 F) and should no longer be pink inside.
5. Top each with a slice of cheese, if desired, and cover pan or lower grill lid until cheese melts.
6. Serve each burger on a bun, topped with arugula, red onion, tomato and garlic aioli.

MUSHROOMS CANADA/ THE CANADIAN PRESS

THE CANADIAN PRESS H/O

Portobello Swiss Burgers

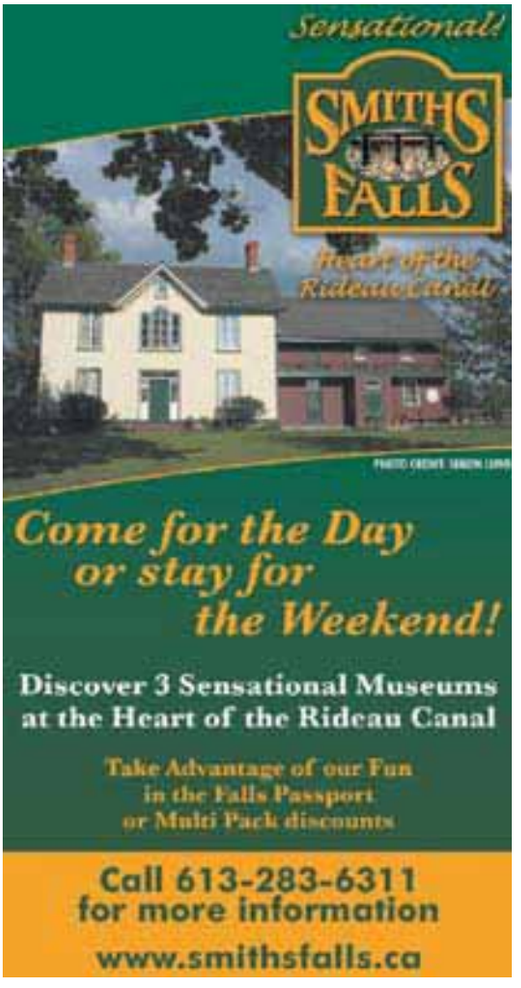
▶ This recipe combines beef with portobello mushrooms.

Ingredients:

- 3 to 4 portobello mushrooms
- 1 small onion
- 500 g (1 lb) lean ground beef
- 10 ml (2 tsp) Worcestershire sauce
- 250 ml (1 cup) shredded Gruyère cheese, plus 8 thin slices for topping, if desired
- Salt and pepper, to taste

Garnish
- Arugula
- Thinly sliced red onion
- Sliced tomato (optional)

Garlic Aioli
- 1 garlic clove, finely minced
- 60 ml (4 tbsp) mayonnaise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SPECIAL INFORMATION FEATURE

Zicke, zacke, zicke, zacke, hoi, hoi, hoi

German culture fully embraced at Beau's Oktoberfest this weekend

JEFF O'REILLY
FOR METRO

JORDAN BAMFORTH/FOR METRO

▶ Beau's Oktoberfest at the Vankleek Hill Fairgrounds gives you plenty of reasons to raise your glass.

I remember it (or at least parts of it) like it was yesterday. Beau's All Natural Brewing was about to host its first official Oktoberfest with a modest hope that 1,500 people would drop by to hoist a stein with that year's guest of honour George Wendt (better known as Norm from Cheers).

Attendance surpassed everyone's wildest expectations and the 4,000 or so of us who were there that day will agree — it was a heck of a party.

Demand has been so high that this year's highly anticipated affair will be three days long.

Don't write this off as just a day of drinking in a tent while wearing a funny hat because there is so much more going on here. Some of the area's finest restaurants are presenting menus that would make the savviest foodie drool.

German culture is fully embraced with heart-warming displays of traditional dances and music during the afternoons, including Canada's Polka King, three-time Grammy winner Walter Ostanek.

There are loads of activities for the whole family at the "Kinderfest" and it is really impressive how kid-friendly they have made the event. Music lovers will be treated to some killer concerts by Jim Bryson, Lowest of the Low, The Peelers, Terry Gillespie, Drag The River, and Cuff The Duke.

You can also get a proper beer education. On top of Beau's selection of seven different beers (five of them new to the festival) Toronto's barVolo presents Cask Days — featuring cask-conditioned ales from another 23 breweries — plus there is a speaker's series with some of the world's leading beer experts like Alex Barlow and Stephen Beaumont.

Events like malt sack and spouse carrying races, keg toss, sauerkraut and sausage eating contests, plus the new stein holding struggle round out the excitement for the weekend.

Fundraising

To date, Beau's Oktoberfest has raised more than $42,000 for local charities GoodFood Revolution, the Red Cross and the Vankleek Hill Agricultural Society.

The first official beers of Oktoberfest were Marzens (pronounced maer-tsens) cellared in Franconian caves and ready for quick consumption.

Beau's Night Marzen Oktoberfest Lager (5.6 per cent alcohol by volume) carefully poured from a brewery fresh growler into a one-litre handled masskrug is a beautiful caramel amber colour with generous off-white frothy head. Aromas of wet grass, floral hops and fruity malts produce flavours of caramel, apricot and a slightly warm nuttiness with toasty malts and a light hop bitterness that nicely balances this medium bodied brew. It finishes smooth and leaves you wanting more.

Beau's Oktoberfest will be held at the Vankleek Hill Fairgrounds Friday to Sunday. For tickets and bus transportation info, see beaus.ca/oktoberfest.

What's behind the Certified Angus Beef label?

Shoppers will have encountered the registered trademark "Certified Angus Beef" in the meat section of their supermarket and perhaps have wondered what is behind this label.

To begin, it means the meat is from the Aberdeen Angus breed (or Angus cross), a popular and hardy hornless type of beef cattle that originated in Scotland and remains common there today. They are normally black but can also be a reddish brown and are only raised for their meat.

Like all beef cattle, the calves almost invariably spend the first months of their lives in open pastures with grass as their other main food. Later in life, they will probably spend in the confines of a feedlot and fed mostly grain as is the case for the majority of quality beef.

To achieve this certification, the beef must receive one of the top government grades (the responsibility of the Canadian Food Inspection Agency) for quality, but it should be emphasized that this is a brand and carries no official oversight on compliance beyond the specified grade.

Certified Angus Beef is of high quality, but in my opinion, is no better than the beef of the same grade from other popular breeds of which the Ontario Ministry of Agriculture, Food and Rural Affairs lists eight.

On the all important question of taste, some beef aficionados maintain there is a difference in flavour with Angus beef.

This may be the case, but for the majority of consumers, it is very doubtful if, in a blind taste test, they could consistently pick Angus beef as a superior product over the meat from other breeds if the product is of the same grade and cut and prepared in an identical fashion.

MAURICE HLADIK IS THE AUTHOR OF THE FORTHCOMING BOOK DEMYSTIFYING FOOD FROM FARM TO FORK.

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Savour these vintages now, or start a cellar

SUSAN DESJARDINS
FOR METRO

Taste a world traveller in the Oct 1 LCBO Vintages release with the wide range of Syrah/Shiraz from different regions.

Start a cellar with a selection of age-worthy wines; perhaps a Canadian Riesling or an Italian Barolo.

And for Thanksgiving — cranberry wine to go with that turkey?

Along with the more classic turkey pairing of Chardonnay or Pinot Noir, there is no shortage of options in this release.

Vineland 'St. Urban' Riesling 2009, Niagara
(LCBO #38117, $19.95)
▶ Intensity — pear, citrus and mineral — balanced with crisp acidity. Enjoy or cellar.

IF I HAD $100 ... TO SPEND AT VINTAGES

Babich 'Black Label' Sauvignon Blanc, New Zealand
(LCBO #9142, $17.95)
▶ Big, loaded with tropical fruit, gooseberry, and ginger. Gorgeous.

Luigi Bosca 'Single Vineyard' Malbec 2008, Argentina
(LCBO #74922, $21.95
▶ Complex, velvety, luscious with dark fruit. Savour now or cellar.

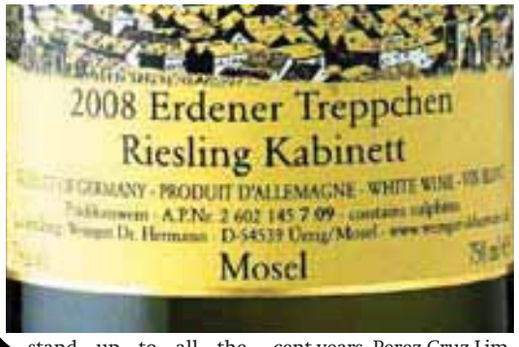
Perez Cruz 'Limited Edition' Syrah 2009, Chile
(LCBO #588812, $19.95)
▶ Intriguing earthy herbal notes, the tang of ripe raspberries and flavourful dark fruit.

Feudo Principi di Butera Syrah 2008, Italy
(LCBO #247510, $16.95)
▶ Approachable, delivering a core of intense berry fruit underpinned with firm tannins.

GRAND TOTAL: $96.75
FOR MORE, SEE SAVVYCOMPANY.CA.

Give thanks for fine wine

SEASONAL SIPS



Thanksgiving, Oct. 10:
A slightly sweetish white wine might not seem like the ideal dinner drink to you, but the sweetness can be a good match with the dryness of turkey.

Dr. Hermann Erdener Treppchen Riesling Kabinett ($16.95 +189647) is from the Mosel region of Germany, where wines are known for their mineral and lime character and a very crisp acidity that will stand up to all the flavours on the Thanksgiving table. Priced right for a crowd, too.

Available at Vintages Saturday.

Fall Rhapsody, now through Oct. 16:
Cot is the name given to the Malbec grape in the Cahors region of Southwest France.

This is Malbec's home, though the grape has come into its own in Argentina in recent years. Perez Cruz Limited Edition Cot ($19.95 +546788) is from next door, in Chile.

Look for lots of soft, black fruit, some chocolate and some dried herbs. A perfect warmer after an afternoon hike in the crisp, Gatineau air.

Available at Vintages Saturday.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROMACELLARRAT.BLOGSPOT.COM.

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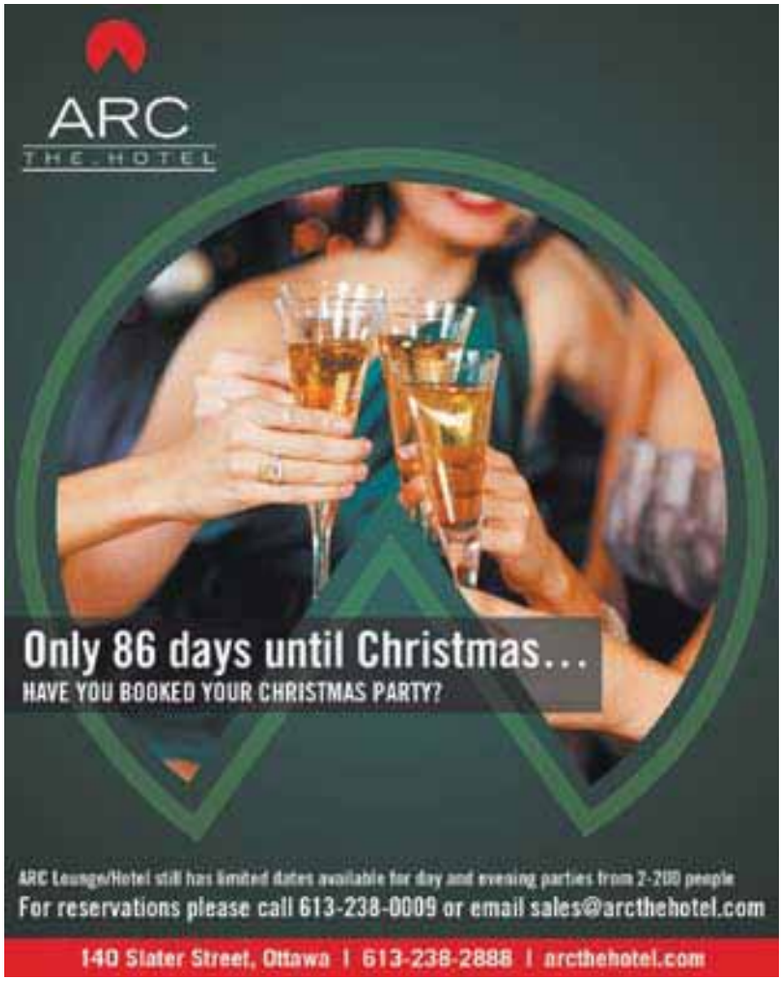
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SAMANTHA EVERTS/FOR METRO

▶ A local secret no more, Chez Lucien's famous namesake burger with mushrooms, bacon and gooey cream cheese is served up in a cosy pub atmosphere.

Pub hits the right note

Music and food go hand in hand at Chez Lucien

SAMANTHA EVERTS
FOR METRO

Chez Lucien may sound super swanky, but between the expensive bistros that dot the street, the unsuspecting entrance has made it a well-protected secret by locals.

This French gastro pub has a laid-back atmosphere like no other in the city with its warm wood interior and exposed brick walls, impressive selection of micro brews, but most importantly, after its namesake burger, a juicy beef patty smothered in cream cheese and bacon, it's the free jukebox.

DJ your way through starters like "suicide" hot wings or perfectly pan-fried mussels in lemon champagne cream sauce by plugging in some Tom Waits while awaiting your entrees, like New York-style sirloin steak to spaghetti and meatballs in homemade sauce.

In a place renowned for its burgers, drop the needle on that Weakerthans album and order up the tasty Frida & Diego burger, made with organic beef with jalapenos, Monterey jack cheese on a toasted sesame-seed bun served with hand-cut fries and crunchy salad greens.

Very vegetarian and vegan-friendly, the tofu burger served with sprouts and onions was dry and lacking its usual kick.

Other vegetarian options include chili, alfredo primavera pasta with seasonal produce, and protein salad with cashews, lentils and veggies that sounds amazing.

Just trust us, try the Chez Lucien Burger.

If you have enough room, try the chocolate fondue for two or French crepes with maple cream and fruit.

Service was quick and polite. Expect a line on weekend evenings, but don't worry, you can rock out while you wait.

Affordable

DJ your way through lunch or dinner at this affordable French gastro pub. Chez Lucien is located at 137 Murray St. Call 613-241-3533 for more information. Entrées range in price from $5-$15.

CONTRIBUTED

▶ Randy and Mr. Lahey of the Trailer Park Boys immerse themselves in German culture for Oktoberfest Ottawa.

Oompah and drink to your heart's delight

The Richmond Fairgrounds will become a Bavarian beer garden this weekend for first ever Oktoberfest Ottawa

STEVE COLLINS
OTTAWA@METRONEWS.CA

Oktoberfest Ottawa co-chair Dwight Brown said the event, which organizers hope to make an annual happening, evolved from the Ottawa Kanata Sunrise Rotary Club's annual fundraising dinner, which in recent years had an Oktoberfest theme.

"What we realized was that Ottawa itself didn't have a real big Oktoberfest celebration," he said. "So what we decided was to take that dinner and blow it up into a three-day festival."

It wouldn't be Oktoberfest without beer, and Ottawa's Kichesippi Beer Co. will supply the requisite suds, including a special recipe brewed just for the occasion.

Pretzels, sausages, schnitzel and other German fare are on offer from Carp's Cheshire Cat Pub, Stittsville's Sixty Four Hundred Celebration Centre and The Rocky Mountain House in Renfrew.

Admission

- **Single day admission** to Oktoberfest Ottawa is $15. Weekend passes are $30 in advance and include a complimentary drink and an Oktoberfest pretzel. Passes can be picked up at the Kichesippi Beer Company, D'Arcy McGee's Irish Pub, Compact Music, Christopher's Meat Market in Richmond and Re/Max Realty Solutions in Stittsville.

And if you happen to see a potty-mouthed guy in sunglasses wandering the grounds with his shirtless companion, they're exactly who you think they are — Randy and Mr. Lahey of Trailer Park Boys fame are the festival's special guests.

"They're park security," Brown said. "They're there to enforce the fun."

Proceeds from the festival will go to various Rotary-supported charities.

"What we wanted to do with the Oktoberfest is make it a low-cost thing to get in, make it fun — one of the things with Rotary Club, and we've always had this motto, is to put the fun in fundraising," Brown said.

"We want people to go out there and have a good time, but they also know they're going to be raising funds for their community."

Oktoberfest Ottawa runs Friday through Sunday at the Richmond Fairgrounds (6095 Perth St. at Huntley Road).

For more information and list of events, visit oktoberfestottawa.com.

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Dig in to some simple and hearty fare

JEN TRAPLIN
FOR METRO

Oktoberfest isn't just a celebration of beer and beer culture, it's also great chance to try some traditional German food.

Two words can be used to describe the Bavarian style food served during Oktoberfest; Simple and hearty. The use of basic ingredients in traditional German cuisine can likely be attributed to the fact there wasn't much of a selection of crops at the time.

Popularized in the 19th century, Bavarian cuisine typically includes the use of a lot of meat, especially veal and pork, and knödel; a large, round poached or boiled potato or bread dumplings.

Traditional Oktoberfest fare includes German sausages served with sauerkraut and mustard. Bratwurst recipes are plentiful with dozens of different styles of the sausage available.

Bratwurst has a deep history within German culture. The first documented proof of these sausages dates back to the 1300s. Here in Canada, we consider bratwurst a certain kind of sausage. However, in Europe, bratwurst simply refers to the way in which the sausage is cooked; fried in a pan. The word bratwurst loosely translates to frying sausage.

Another popular meat served at Oktoberfest events all over the world is Hendl, a whole chicken grilled on a spit and served in halves. They are generally eaten with a Brezel, a German pretzel.

For centuries, pretzels have been a huge part of German baking tradition. The ideal pretzel has a dark brown, salty crust with a soft centre. German pretzels are often referred to as Laugenbrezel, or lye pretzel, because they are dipped in a lye solution before baking, giving them their unique colour.

Traditional Bavarian food is not very vegetarian friendly, but there are a few options including Kässpatzen, a bowl of cheesy noodles, and Apfelkrapfen, which is like an apple fritter.

Of course, no meal is complete without the dessert and when it comes to Oktoberfest, there are plenty of options to choose from including apple strudel, Black Forest cake or Käsekuchen, a German cheesecake.

And don't forget to wash it all down with a nice, cold beer.

TORSTAR NEWS SERVICE FILE

German Red Cabbage

Ingredients:

- 4 slices bacon, chopped
- ¼ cup onions, chopped
- 6 tsp brown sugar
- 3 tsp vinegar
- 4 cups shredded cabbage

Preparation:

1. Fry bacon. Add onion and sauté slightly.
2. Add brown sugar, vinegar and cabbage.
3. Simmer over low heat for 20 minutes.

German Rouladen

Ingredients:

- 1½ pounds flank steak
- German stone ground mustard
- ½ pound bacon, sliced thick
- 2 large onions, sliced
- 1 (16 ounce) jar sliced dill pickle
- 2 tbsp butter
- 2½ cups water
- 1 cube beef bouillon

Preparation:

1. Cut the flank steak into thin filets. Generously spread one side of each filet with mustard (to taste). Place bacon, onions and pickle slices on each filet and form into a roll. Use toothpicks to hold rolls together.
2. Heat skillet over medium heat and melt butter. Place the rolls in the butter and sauté until browned.
3. Pour in water and add the bouillon cube, stirring to dissolve.
4. Simmer the rolls for about an hour.

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JOHANNES SIMON/GETTY IMAGES

Grab a stein

Many events at this weekend's Oktoberfest Ottawa involve iconic beer mug

There is no shortage of fun to be had at Oktoberfest Ottawa, which begins Friday and runs through to Sunday. Here are just some of the events taking place:

Keg Tapping Ceremony
When: Friday at 6 p.m. and Saturday and Sunday at noon. Oktoberfest kicks off its daily activities with the keg tapping ceremony, in which a traditional keg is tapped and a glass is raised Ein Prosit, which in English means a toast.

Würstchen und Brezel Essen (Sausage and Pretzel Eating Contest)
When: Saturday and Sunday at 4 p.m. How big is your appetite? Contestants race to see who can finish a fully loaded German style bratwurst sausage and pretzel.

Masskrugstemmen (Beer Stein Lifting)
When: Saturday and Sunday at 2 p.m. This well-known Bavarian sport loosely translates to the lifting of a litre mug of beer. The goal is to hold a one litre stein, or masskrug, with one arm, which is completely stretched out. Whoever keeps their arm outstretched the longest wins.

Bierkrug Rennen (Beer Stein Race)
When: Saturday and Sunday at 1 p.m. This short footrace isn't like any other running competition. In this race, contestants run a short distance with a full beer stein in each hand. The winner is determined not only by the best time, but by the amount of beer left in the steins at the finish line.

Bierkrug Relais (Beer Stein Relay)
When: Saturday and Sunday at 3 p.m. You just may get wet if you are taking part in the Beer Stein Relay. For this contest, players split into two teams and work to fill the team's bucket at the finish line by taking turns transferring beer from one bucket to another. The first team to transfer all their beer is the winner.

There will also be live, local music at Oktoberfest Ottawa, including performances by Schteev und die Lederhosers, Old Whiskey Road, Titan Rain, The Bushpilots, Amos The Transparent, Bearshark, The Riot Police, Silver Creek, Graham Greer and Rocket Rached & the Fat City 8. JEN TRAPLIN

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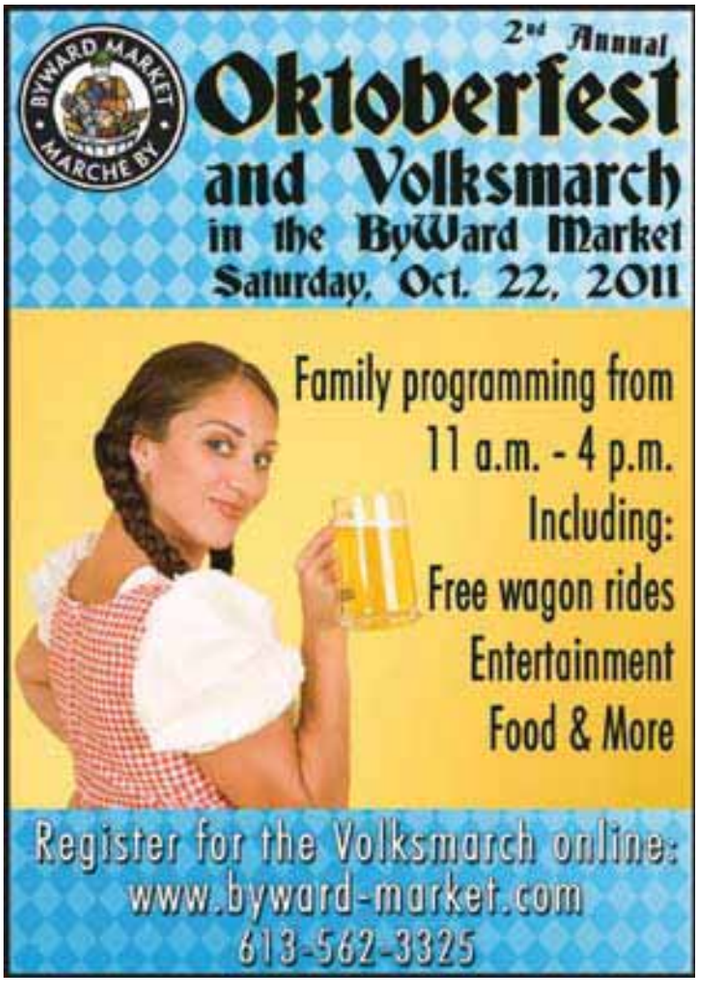


4 sports

London police identify banana thrower

ANGELA MULLINS
@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

A 26-year-old London, Ont., man has expressed remorse for throwing a banana at a black player during last Thursday's NHL game at the John Labatt Centre, police said yesterday.

Christopher Moorhouse was identified late Tuesday as the person responsible for the incident, London police Chief Brad Duncan said. He has been charged with engaging in prohibited activity on premises under the provincial Trespass to Property Act. If convicted, he faces up to a $2,000 fine.

The incident, which involved Philadelphia Flyers forward Wayne Simmonds, did not meet the threshold for a hate-crime charge, Duncan said. For that, officials would need to prove Moorhouse's actions were "motivated by hatred," the chief said.

The incident occurred on Simmonds' shootout attempt in Philadelphia's 4-3 loss to the Detroit Red Wings. Despite the banana toss, Simmonds scored on Detroit goalie Jordan Pearce.

Duncan said multiple tips over several days led to identifying the suspect.

AM980/AM980.CA

▶ Christopher Moorhouse

There's always next year

Blue Jays finish off season with .500 record and hope for the future

It has become a familiar end-of-season routine for the Toronto Blue Jays.

Mediocre record. Some cause for optimism. Another fourth-place finish.

However, there appears to be something different about this edition of the Jays. Fuelled by franchise player Jose Bautista and an exciting young core, there is an energy in the clubhouse and among fans in a city starved for a contender.

"We have a bunch of guys that really have nothing to lose and just want to go out there and win," said outfielder Eric Thames.

"That's what we're out here every day working hard for and hopefully next year we'll come a lot closer to that ring, if not win the ring."

That might be a tad optimistic given that the Jays are saddled with New York, Boston and Tampa Bay in the American League East.

Still, Toronto ended its regular season yesterday by rallying for a 3-2 win in Chicago against the White Sox. That gave the Jays an 81-81 record.

General manager Alex Anthopoulos has stocked the farm system and young players like ace Ricky Romero, catcher J.P. Arencibia and Canadian third baseman Brett Lawrie appear to be the real deal. Whether the holes in the team's roster can be filled for next year is the big question.

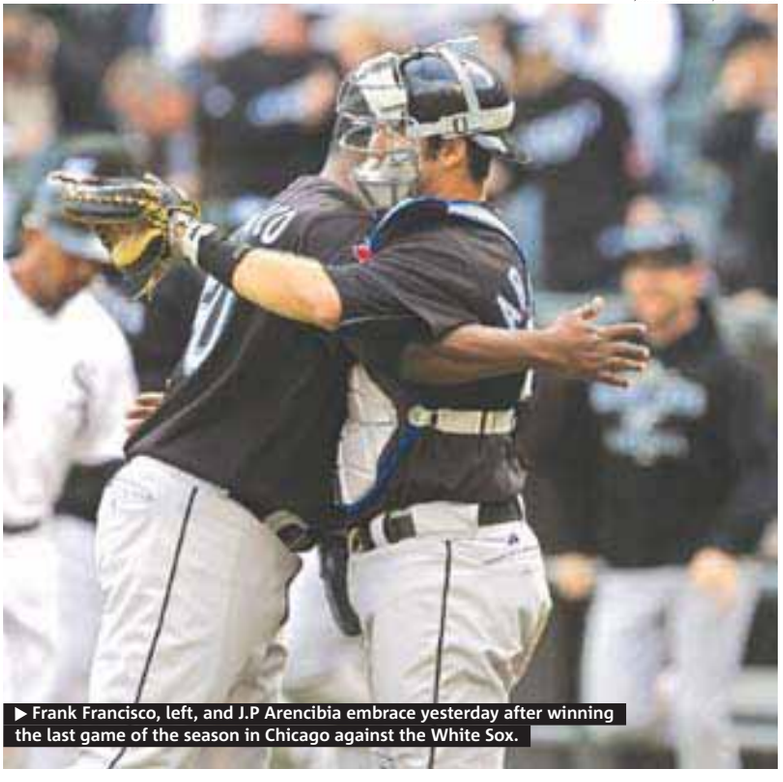
Manger John Farrell predicts the 34-year-old GM will be a busy man.

"Every area is going to be looked at," Farrell said. "The one great thing about Alex is there's no stone left unturned. Whether that's domestically, internationally, free agents, trades, everything will be explored.

"I'm looking forward to what I think is going to be a very active off-season."

THE CANADIAN PRESS

JONATHAN DANIEL/GETTY IMAGES



▶ Frank Francisco, left, and J.P Arencibia embrace yesterday after winning the last game of the season in Chicago against the White Sox.

Quoted

"It's a big, big step in my career, a new chapter. Hopefully I can bring energy, flavour and enthusiasm, but the most important thing is a winning team."

OZZIE GUILLEN, WHO WAS ANNOUNCED AS THE FLORIDA MARLINS NEW MANAGER YESTERDAY. GUILLEN RESIGNED AS MANAGER OF THE WHITE SOX ON MONDAY.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-New York	97	64	.602	—
Boston	90	71	.559	7
Tampa Bay	90	71	.559	7
Toronto	**81**	**81**	**.500**	**16½**
Baltimore	68	93	.422	29

CENTRAL DIVISION

	W	L	Pct	GB
x-Detroit	94	67	.584	—
Cleveland	80	81	.497	14
Chicago	79	83	.488	15½
Kansas City	71	90	.441	23
Minnesota	62	99	.385	32

WEST DIVISION

	W	L	Pct	GB
x-Texas	95	66	.590	—
Los Angeles	86	75	.534	9
Oakland	73	88	.453	22
Seattle	67	94	.416	28

x — clinched playoff berth

Yesterday's results
Toronto 3 Chicago White Sox 2
Boston at Baltimore
Cleveland at Detroit
N.Y. Yankees at Tampa Bay
Texas at L.A. Angels
Kansas City at Minnesota
Oakland at Seattle
Tuesday's results
Chicago White Sox 2 **Toronto 1**
Tampa Bay 5 N.Y. Yankees 3
Minnesota 7 Kansas City 4
Texas 10 L.A. Angels 3
Oakland 7 Seattle 0
Boston 8 Baltimore 7
Detroit 9 Cleveland 6
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Avg.
MiCabrera Det	160	568	110	195	.343
MiYoung Tex	158	627	87	212	.338
AdGonzalez Bos	158	628	108	212	.338
VMartinez Det	144	537	75	175	.326
Ellsbury Bos	157	655	119	211	.322
DOrtiz Bos	145	521	84	160	.307
MeCabrera KC	155	658	102	201	.305
Kotchman TB	145	495	43	151	.305
Pedroia Bos	158	631	101	192	.304
Bautista Tor	**148**	**510**	**105**	**155**	**.304**

Runs — Granderson, NY, 135; Kinsler, Texas, 121; Ellsbury, Bos., 119; MiCabrera, Det., 110; AdGonzalez, Bos., 108; **Bautista, Toronto, 105.**
RBI — Granderson, NY, 119; Cano, NY, 118; AdGonzalez, Bos., 117; Teixeira, NY, 106; MiYoung, Tex., 106.
Hits — AdGonzalez, Bos., 212; MiYoung, Tex., 212; Ellsbury, Bos., 211; MeCabrera, KC, 201.
Doubles — MiCabrera, Det., 47; Francoeur, KC, 47; Cano, NY, 46; Ellsbury, Bos., 46.
Triples — Bourjos, LA, 11; AJackson, Detroit, 11; Granderson, NY, 10; Aybar, LA, 8; AEscobar, Kansas City, 8; Gardner, NY, 8; JWeeks, Oakland, 8.
Home Runs — **Bautista, Toronto, 43;** Granderson, NY, 41; MarReynolds, Bal., 37; Teixeira, NY, 37; Beltre, Tex., 32; Ellsbury, Bos., 32; Kinsler, Tex., 32.
Stolen Bases — Crisp, Oak., 49; Gardner, NY, 49; ISuzuki, Sea., 40; Ellsbury, Bos., 38; Andrus, Texas, 36; BUpton, Tampa Bay, 35; **RDavis, Toronto, 34;** Revere, Minnesota, 34.
Yesterday's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
x-Philadelphia	101	60	.627	—
Atlanta	89	72	.553	12
Washington	80	81	.497	21
New York	77	85	.475	24½
Florida	72	90	.444	29½

CENTRAL DIVISION

	W	L	Pct	GB
x-Milwaukee	95	66	.590	—
St. Louis	89	72	.553	6
Cincinnati	79	83	.488	16½
Pittsburgh	72	89	.447	23
Chicago	71	90	.441	24
Houston	56	105	.348	39

WEST DIVISION

	W	L	Pct	GB
x-Arizona	94	67	.584	—
San Francisco	86	76	.531	8
Los Angeles	81	79	.506	12½
Colorado	73	89	.451	21½
San Diego	70	91	.435	24

x — clinched playoff berth

Yesterday's results
Colorado 6 San Francisco 3
Washington 3 Florida 1
N.Y. Mets 3 Cincinnati 0
Philadelphia at Atlanta
St. Louis at Houston
Pittsburgh at Milwaukee
Chicago Cubs at San Diego
L.A. Dodgers at Arizona
Tuesday's results
Arizona 7 L.A. Dodgers 6 (10 inn.)
Cincinnati 5 N.Y. Mets 4 (13 inn.)
St. Louis 13 Houston 6
Philadelphia 7 Atlanta 1
San Francisco 7 Colorado 0
Florida 3 Washington 2
Milwaukee 6 Pittsburgh 4
Chicago Cubs 6 San Diego 2
END OF REGULAR SEASON

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	125	536	101	180	.336
Braun Mil	149	559	109	187	.335
Kemp LAD	160	598	114	194	.324
Pence Pha	153	602	83	188	.312
Votto Cin	160	596	101	185	.310
SCastro ChiC	157	671	91	206	.307
ArRamirez ChiC	148	562	80	172	.306
YMolina StL	138	471	55	144	.306
Morse Wash	146	522	73	158	.303
Tulowitzki Col	143	537	81	162	.302

Runs — Kemp, LA, 114; Braun, Mil., 109; JUpton, Arz., 105; Pujols, StL, 104; JosReyes, NY, 101; Votto, Cin., 101.
RBI— Kemp, LA, 124; Fielder, Mil., 120; Howard, Phi., 115; Braun, Mil., 111; Tulowitzki, Col., 105; Votto, Cin., 103; Pujols, StL, 98.
Hits — SCastro, Chi., 206; Kemp, LA, 194; Bourn, Atl., 190; Pence, Phi., 188; Braun, Mil., 187; Votto, Cin., 185; BPhillips, Cin., 183.
Doubles — Votto, Cin., 40; Beltran, SF, 39; JUpton, Arz., 39; Braun, Mil., 38; CaLee, Hou., 38; Pence, Phi., 38; BPhillips, Cin., 38; CYoung, Arz., 38.
Triples — JosReyes, NY, 16; Victorino, Phi., 16; Fowler, Col., 15; Bourn, Atl., 10; SCastro, Chi., 9; SSmith, Col., 9.
Home Runs — Fielder, Mil., 38; Kemp, LA, 38; Pujols, StL, 37; Uggla, Atl., 35; Stanton, Fla., 34; Braun, Mil., 33; Howard, Phi., 33.
Stolen Bases — Bourn, Atl., 59; Bonifacio, Fla., 40; Kemp, LA, 40; Stubbs, Cin., 40.
Yesterday's games not included

BLUE JAYS 3, WHITE SOX 2

Toronto	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
McCoy ss	4	1	0	0	1	0	.198
E.Thames lf	5	0	1	1	0	2	.262
Bautista dh	3	0	0	0	1	2	.302
K.Johnson 2b	3	1	1	1	0	2	.270
Cooper 1b	4	1	1	0	0	0	.211
Rasmus cf	3	0	0	0	0	1	.173
Arencibia c	2	0	0	0	2	0	.219
Teahen 3b	2	0	1	1	2	1	.200
Wise rf	2	0	0	0	0	1	.125
J.Molina ph	1	0	0	0	0	1	.281
Loewen rf	0	0	0	1	1	0	.188
Totals	**29**	**3**	**4**	**3**	**7**	**10**	
Chicago	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Pierre lf	5	0	0	0	0	2	.279
De Aza cf	3	1	2	0	1	0	.329
Al.Ramirez ss	3	0	2	1	1	1	.269
Pierzynski dh	4	0	1	0	0	0	.287
E.Escobar pr-dh	0	0	0	0	0	0	.286
Flowers 1b	2	0	0	0	2	1	.209
Viciedo rf	4	0	0	0	0	1	.255
Morel 3b	4	0	0	0	0	1	.245
Lucy c	3	0	0	0	1	3	.200
Beckham 2b	4	1	2	1	0	1	.230
Totals	**32**	**2**	**7**	**2**	**5**	**10**	

Toronto	**100**		**000**			**002—3**		**4**	**0**
Chicago	**000**		**110**			**000—2**		**7**	**0**

LOB—Toronto 8, Chicago 8. 2B—E.Thames (24), K.Johnson (4), Al.Ramirez (31). HR—Beckham (10), off Morrow. RBIs—E.Thames (37), Teahen (14), Loewen (4), Al.Ramirez (70), Beckham (44). S—Rasmus.

Toronto	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Morrow	6	5	2	2	5	7	105	4.72
Janssen	1	0	0	0	0	2	10	2.26
Camp W, 6-3	1	1	0	0	0	0	7	4.21
F.Frncsc S, 17-21	1	1	0	0	0	1	17	3.55
Chicago	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Humber	6⅓	2	1	1	4	9	105	3.75
Thornton H, 20	1⅓	0	0	0	0	1	19	3.32
SI L, 2-2 BS, 2-10	⅓	2	2	2	3	0	26	2.79
S.Santos	⅓	0	0	0	0	0	5	3.55
Ohman	⅓	0	0	0	0	0	5	4.22

T—2:48. A—20,524 (40,615).

BLUE JAYS STATISTICS

BATTERS	**AB**	**R**	**H**	**HR**	**RBI**	**AVG**
Bautista	510	105	155	43	103	.304
Lawrie	150	26	44	9	25	.293
Escobar	513	77	149	11	48	.290
Molina	170	19	48	3	15	.282
Encarnacion	481	70	131	17	55	.272
Johnson	112	15	30	3	9	.268
Thames	357	58	94	12	36	.263
Lind	499	56	125	26	87	.251
Davis	320	44	76	1	29	.238
Arencibia	441	47	97	23	78	.220
Cooper	67	8	14	2	12	.209
McCoy	193	25	39	2	10	.202
Teahen	158	14	31	4	13	.196
Loewen	32	4	6	1	3	.188
Rasmus	130	14	23	3	13	.177
Wise	30	4	4	2	2	.133
Woodward	10	3	0	0	0	.000

PITCHERS	**W**	**L**	**SV**	**IP**	**SO**	**ERA**
McCoy	0	0	0	1.0	0	0.00
Beck	0	0	0	2.1	3	0.00
Carreno	1	0	0	15.2	14	1.15
Janssen	6	0	2	54.2	51	2.30
Romero	15	11	0	225.0	178	2.92
Alvarez	1	3	0	63.2	40	3.53
Francisco	1	4	16	49.2	52	3.62
Villanueva	6	4	0	107.0	68	4.04
Camp	5	3	1	65.1	32	4.27
Litsch	6	3	1	75.0	66	4.44
Cecil	4	11	0	123.2	87	4.73
Morrow	11	11	0	173.1	196	4.78
Rauch	5	4	11	52.0	36	4.85
Perez	3	3	0	65.0	54	5.12
Drabek	4	5	0	78.2	51	6.06
McGowan	0	2	0	21.0	20	6.43
Lewis	0	0	0	5.0	5	9.00
Mills	1	2	0	18.1	18	9.82
Farquhar	0	0	0	2.0	1	13.50

Yesterday's game not included

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	0	0	1.000	113	73
New England	2	1	0	.667	104	79
N.Y. Jets	2	1	0	.667	83	61
Miami	0	3	0	.000	53	78

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	90	60
Tennessee	2	1	0	.667	57	43
Jacksonville	1	2	0	.333	29	62
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	1	0	.667	85	40
Cleveland	2	1	0	.667	61	62
Pittsburgh	2	1	0	.667	54	55
Cincinnati	1	2	0	.333	57	54

WEST

	W	L	T	Pct	PF	PA
Oakland	2	1	0	.667	92	82
San Diego	2	1	0	.667	65	69
Denver	1	2	0	.333	58	62
Kansas City	0	3	0	.000	27	109

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	69	67
Washington	2	1	0	.667	66	53
N.Y. Giants	2	1	0	.667	71	60
Philadelphia	1	2	0	.333	78	77

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	1	0	.667	60	60
New Orleans	2	1	0	.667	104	88
Carolina	1	2	0	.333	60	68
Atlanta	1	2	0	.333	60	77

NORTH

	W	L	T	Pct	PF	PA
Green Bay	3	0	0	1.000	99	74
Detroit	3	0	0	1.000	101	46
Chicago	1	2	0	.333	60	69
Minnesota	0	3	0	.000	60	74

WEST

	W	L	T	Pct	PF	PA
San Francisco	2	1	0	.667	70	52
Seattle	1	2	0	.333	30	67
Arizona	1	2	0	.333	59	56
St. Louis	0	3	0	.000	36	96

WEEK 3
Sunday's games
All times Eastern
Detroit at Dallas, 1 p.m.
Washington at St. Louis, 1 p.m.
Minnesota at Kansas City, 1 p.m.
Carolina at Chicago, 1 p.m.
Pittsburgh at Houston, 1 p.m.
New Orleans at Jacksonville, 1 p.m.
San Francisco at Philadelphia, 1 p.m.
Tennessee at Cleveland, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
N.Y. Giants at Arizona, 4:05 p.m.
Atlanta at Seattle, 4:05 p.m.
Miami at San Diego, 4:15 p.m.
New England at Oakland, 4:15 p.m.
Denver at Green Bay, 4:15 p.m.
N.Y. Jets at Baltimore, 8:20 p.m.
Monday, Oct. 3
Indianapolis at Tampa Bay, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	12	8	4	0	291	277	16
Montreal	12	7	5	0	374	297	14
Hamilton	12	6	6	0	351	344	12
Toronto	12	3	9	0	251	344	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	12	7	5	0	288	284	14
Calgary	12	7	5	0	324	345	14
B.C.	12	6	6	0	334	249	12
Saskatchewan	12	4	8	0	272	345	8

WEEK 14
All times Eastern
Tomorrow's games
Montreal at Winnipeg, 7:30 p.m.
Edmonton at B.C., 10:30 p.m.
Saturday's games
Saskatchewan at Calgary, 4 p.m.
Hamilton at Toronto, 7 p.m.

TENNIS

ATP

MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles — First Round
Jurgen Melzer (4), Austria, def. Rik de Voest, South Africa, 6-0, 6-4.
Dmitry Tursunov (7), Russia, def. David Goffin, Belgium, 6-3, 6-3.
Flavio Cipolla, Italy, def. Bernard Tomic, Australia, 6-2, 6-2.
Denis Istomin, Uzbekistan, def. Marinko Matosevic, Australia, 6-3, 6-2. Second Round
Marcos Baghdatis, Cyprus, def. Somdev Devvarman, India, 7-5, 6-4.
Doubles — First Round
Martin Emmrich, Ger., & Andreas Siljestrom, Swe., def. **Adil Shamasdin, Pickering, Ont.,** Igor Zelenay, Slovakia, 7-5, 3-6, 10-7 (tiebreak).

PTT THAILAND OPEN

At Bangkok, Thailand
Singles — First Round
Tobias Kamke, Germany, def. Pablo Andujar (8), Spain, 6-0, 6-1.
Go Soeda, Japan, def. Karol Beck, Slovakia, 3-6, 7-6 (3), 7-6 (4).
Singles — Second Round
Gilles Simon (3), France, def. Yen-hsun Lu, Taiwan, 6-7 (4), 7-5, 6-4.
Jarkko Nieminen, Finland, def. Robin Haase (7), Netherlands, 7-6 (5), 7-6 (4).
Matthias Bachinger, Germany, def. Danai Udomchoke, Thailand, 7-6 (5), 6-3.

WTA

TORAY PAN PACIFIC OPEN

At Tokyo
Singles — Third Round
Kaia Kanepi, Estonia, def. Caroline Wozniacki (1), Denmark, 7-5, 1-6, 6-4.
Maria Sharapova (2), Russia, def. Julia Goerges (13), Germany, 7-6 (4), 7-6 (4).
Victoria Azarenka (3), Belarus, def. Klara Zakopalova, Czech Republic, 6-3, 7-5.
Vera Zvonareva (4), Russia, def. Iveta Benesova, Czech Republic, 6-1, 6-2.
Petra Kvitova (5), Czech Republic, def. Vania King, U.S., 6-1, 7-6 (4).
Marion Bartoli (7), France def. Peng Shuai (10), China, 6-2, 6-1.
Agnieszka Radwanska (9), Poland, def. Jelena Jankovic (8), Serbia, 2-6, 6-4, 6-0.
Maria Kirilenko, Russia, def. Ana Ivonovic (12), Serbia, 6-3, 6-1.

NHL

PRE-SEASON

Last night's results
Washington at Nashville
Carolina at Winnipeg
Detroit at Chicago
Los Angeles at Colorado
Vancouver at Anaheim
Tuesday's results
Toronto 5 Ottawa 3
Edmonton 3 Phoenix 2
Calgary 2 N.Y. Islanders 0
Dallas 4 Florida 3 (OT)
St. Louis 4 Minnesota 3
Pittsburgh 3 Los Angeles 2 (SO)
Tonight's games
All times Eastern
Ottawa at Boston, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Minnesota at Columbus, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Florida at Dallas, 8:30 p.m.
Phoenix at Calgary, 9 p.m.
Vancouver at San Jose, 10:30 p.m.
Tomorrow's games
Buffalo at Washington, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Columbus at Carolina, 7 p.m.
Toronto at Detroit, 7:30 p.m.
Edmonton at Minnesota, 8 p.m.
Pittsburgh at Chicago, 8:30 p.m.
Nashville at Winnipeg, 8:30 p.m.
Los Angeles at Anaheim, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Houston	31	10	9	12	39	39	42
Columbus	30	11	11	8	35	38	41
Kansas City	30	10	9	11	44	38	41
Philadelphia	29	9	7	13	37	31	40
New York	30	8	7	15	46	41	39
D.C. United	28	9	8	11	43	41	38
Chicago	29	6	8	15	36	39	33
Toronto	31	6	13	12	32	55	30
New England	30	5	13	12	34	49	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	17	3	10	44	22	61
Seattle	30	15	6	9	49	32	54
Salt Lake	29	15	8	6	42	27	51
Dallas	30	13	10	7	36	33	46
Colorado	31	10	9	12	41	40	42
Portland	30	10	13	7	37	44	37
Chivas USA	31	8	12	11	39	38	35
San Jose	30	6	11	13	32	39	31
Vancouver	29	4	15	10	29	49	22

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Last night's results
Columbus at Kansas City
Chicago at Real Salt Lake
Tonight's game
All times Eastern
D.C. United at Philadelphia, 8 p.m.
Saturday's games
Chicago at Houston, 4 p.m.
Seattle at New England, 7:30 p.m.
New York at Toronto, 7:30 p.m.
FC Dallas at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 10:30 p.m.
Sporting Kansas City at San Jose, 10:30 p.m.
Sunday's games
D.C. United at Columbus, 4 p.m.
Portland at Vancouver, 4:30 p.m.
Philadelphia at Chivas USA, 8 p.m.

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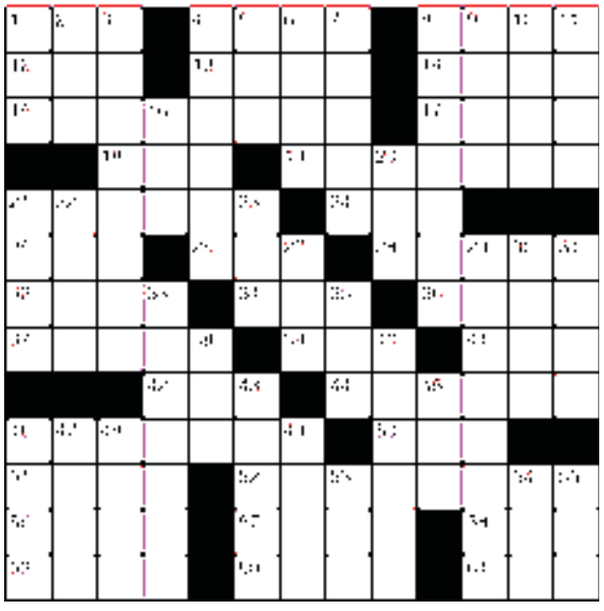
Crossword



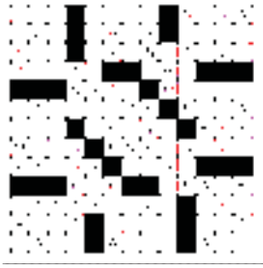
Across

1 "— Got a Secret"
4 Ergo
8 "Repeat that, please"
12 Half a dozen
13 Loathe
14 Gardening device
15 Motherly
17 Duel tool
18 Id counterpart
19 2nd-century Roman emperor
21 Not as small
24 Shade
25 Plant bristle
26 Perch
28 Fundamental
32 Castle protection
34 Cattle call?
36 Doubtless
37 Apportion
39 Scull tool
41 Corral
42 Existed
44 Minimum
46 Boat race
50 Indy entry
51 Addict
52 Devilish
56 Carnelian variety
57 Dregs
58 Past
59 Drones
60 Rams fans?
61 Journey segment

Down

1 Doctrine
2 By way of
3 Outer
4 Pangs
5 Solo of "Star Wars"
6 Hexagonal state
7 Unexplained word in Psalms
8 Since, in a preamble
9 Kachina worshiper
10 On the briny
11 Adolescent
16 Early bird?
20 Fix the soundtrack
21 Tibetan monk
22 MPs' quarry
23 Edge
27 As well
29 Heaven-sent
30 Enrages
31 Penny
33 In the direction of
35 Big galoot
38 Tit for —
40 Play break
43 Steps over a fence
45 "— and Peace"
46 Hurry
47 Jacob's brother
48 Bacterium
49 Over again
53 Entry payment
54 Time of your life?
55 Journal

▶ Yesterday's answer



Sudoku

5		7					9	4
			3	5				7
8	3	4		9				2
			4				7	8
3		8	1		6	9		5
7	4				2			
2				6		4	5	1
4				1	5			
1	9					7		6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	6	1	4	7	5	9	8
9	8	4	3	2	5	6	7	1
5	7	1	6	9	8	2	3	4
1	5	3	7	6	4	9	8	2
7	9	2	8	5	3	1	4	6
4	6	8	2	1	9	7	5	3
6	4	5	9	3	2	8	1	7
3	1	7	5	8	6	4	2	9
8	2	9	4	7	1	3	6	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dearest Cuda, September 29th marks our 5 year anniversary, I love you more as each day passes and look forward to the next 5 year chapter in our lives. Happy Anniversary my heart! **MUNK**

To M, I didn't want to believe you when you said not to contact you ever again. After numerous attempts to try and reach you with no luck, I know you meant what you said. I will no longer try to contact you and will give you this kiss good-bye, I know it is finished **T**

Babylove, Having you a part of my life has been a blessing. You've inspired me to do more than i've ever thought I was capable of. Every day you are a constant reminder that my dreams are within reach..after all I have you in my life! I love you honey. knish<3 **VEE**

Today 20°/9° Showers 60%
Friday 17°/5° Showers 70%
The Weather Network Download WeatherEye to your smartphone.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Cosmic activity in your opposite sign of Libra will bring relationship matters to a head over the next day.

♉ Taurus April 21-May 21 You may be tempted to play around with something that isn't quite working the way you want it to.

♊ Gemini May 22-June 21 You will make a success of whatever you do today, but there are some things you do better than others.

♋ Cancer June 22-July 22 This could be a tricky day for relationships. Open up. Show feelings.

♌ Leo July 23-Aug.23 Something important will happen today, of which you very much approve.

♍ Virgo Aug. 24- Sept. 22 If you need to improve your financial situation, you will find a way over the next 24 hours.

♎ Libra Sept. 23-Oct. 23 This is the ideal time to get serious about a relationship you may have been half-hearted about in the past.

♏ Scorpio Oct. 24-Nov. 22 Something from the past seems to be on your mind lately. Yesterday is finished. It's today that matters.

♐ Sagittarius Nov. 23-Dec. 21 Pay attention to what other people tell you today because they can see things that you cannot.

♑ Capricorn Dec. 22-Jan. 20 If you play your cards right, you could very soon be moving up.

♒ Aquarius Jan. 21-Feb. 18 You need a change of direction, and what happens over the next few days will make it clear it's time.

♓ Pisces Feb. 19-March 20. You have a gift that you may not be making the most of. What are you really good at? SALLY BROMPTON

Caption contest

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NATACHA PISARENKO/ THE ASSOCIATED PRESS

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0% 60 mo. | 0.9% 72 mo. | 2.9% 84 mo.
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